

## Bubs-In

### Mat-based, pre-natal exercise classes

Stay fit, strong and mobile throughout your pregnancy journey. The Bubs-In classes are specially made for mums-to-be, helping to prevent pelvic instability pain, maintain fitness and minimise labour-related injuries.

These classes also offer the perfect opportunity to meet, chat and bond with other expectant mums.

## Bubs-Out

### Post-natal exercise classes, BYO baby

Bubs-Out is an exercise class that helps you safely regain your core and pelvic floor strength, after giving birth to your new bubs.

We'll work with you to gradually progress towards higher intensity exercise, when you're ready.



## Book Online

 [reload.physio/book-now](https://reload.physio/book-now)

We can't wait to see you.

## See What's On

 [reload.physio/classtimetable](https://reload.physio/classtimetable)

Check our regularly updated timetable for more information on our class days and times.

 [reload.physio/classes](https://reload.physio/classes)

Find out more about the benefits of each class to choose the right one for you.

## Call Us

 (03) 9386 4142

Give us a call if you would like to speak to one of our friendly staff members, or book over the phone.



Visit the Practice  
789 Sydney Rd, Brunswick

Opening Hours  
Mon-Thurs 7am - 8pm   Fri 7am - 7pm   Sat 8am - 2pm

YOUR BRUNSWICK LOCAL  
*Reload* PHYSIO  
SINCE 2004



## Exercise Classes

Reloading for a Better, Stronger you.

## Dynamic, Physio-led Exercise Classes.

Small group classes tailored to your physical, health and wellness goals. The jump start you need to achieve your personal best.

### MOVE

#### Clinical Pilates for mobility and control

Working towards your personal benchmarks and goals, MOVE is a personalised exercise class that primes you for your physical best.

Predominantly inspired by clinical Pilates, we'll incorporate a variety of equipment including Pilates reformers, trapeze tables, Pilates chairs, hand weights and more.

### LOAD

#### Reloading your strength and confidence

A strength and rehab class, LOAD is an exercise program that helps you recover from injury and kick start your return to peak fitness.

We'll help you regain the confidence you need to go back to the gym, sport or full work duties.



### RUN

#### Finessing your running technique

From beginners to competitors, our RUN group focuses on improving your running technique and performance. We'll cue you in on how to enhance your form and prevent potential running injuries.

RUN also includes warm up drills and core exercises.

### Onero™

#### Award-winning osteoporosis exercise class

This exercise program is an award-winning, evidence-based treatment for osteoporosis.

Suitable for anyone diagnosed with low bone density or at risk of falls, Onero™ is a great alternative to medication that also proactively stimulates bone development.

### MAT

#### Mat-based Pilates classes

Maintain optimal posture, build core control and improve your stability with MAT.

A general, mat-based Pilates class, this caters to those who only have minor niggles and are wanting to form good habits - sedentary office workers, we've got our eye on you!

