



EXERCISE PHYSIOLOGY GROUP CLASSES

Our exercise physiology group classes are open to everyone of all abilities and are an excellent way to keep yourself motivated and cheer on others as well.

These small group sessions are supervised by an experienced Exercise Physiologist. They can help you in prescribing and evaluating safe and effective exercise programs to prevent or manage pain, increase movement, improve mobility, strength and balance, and provide physical activity education.

Where: Spinal Life Healthy Living Centre,
2-4 Smith Street, North Cairns

When: Contact us for dates and times

Bookings: Scan the QR code or email
enquiries@spinal.com.au
or call 4047 7600



To make the most of your session, we encourage you to bring a carer or family member. Sessions can be funded through the NDIS at group rates.

Spinal Life Healthy Living Centre

The Healthy Living Centre is your place for wellness, rehabilitation and greater independence. With a fully accessible gym, hydrotherapy pool and highly experienced, allied health professionals.



Hydrotherapy



Occupational
Therapy



Physiotherapy



Exercise
Physiology



Personal
Support



Support
Coordination



Plan
Management



We can't wait to welcome you!
4047 7600 | 2-4 Smith Street, North Cairns