

50+ Fitness Therapy

Enjoy exercise and feel the benefits with the 50+ Fitness Therapy health professionals, Katherine Williamson, physiotherapist and Doris Teoh, exercise physiologist.

We will devise a fun, social and suitable program with your specific needs in mind. Our aim is to train your body with movements useful in everyday living so you can avoid a decline in your independence and lifestyle.

Don't Feel Old, Get Active !

Come and join us.

Book your assessment now.

During the assessment we will discuss your needs, concerns and medical history as well as testing some physical measures so that we can monitor your progress. We will then recommend a plan to help you achieve your goals.

This could include our group classes in beautiful McKell Park or individual sessions with exercise physiologist, Doris Teoh. Maybe exercising in the pool would be better for you so then you could join our classes in Edgecliff and Coogee.

There are no membership fees, no set periods for attendance so you only pay when you come to exercise.

Prices

Darling Point

Assessment (45mins) - \$80

Private Session (45mins) - \$80

Exercise classes (50mins) - \$25

Tai Chi class (1 hour) - \$15

Edgecliff

Aqua (45mins) - \$20

Coogee

Aqua (45mins) - \$7 + club pool entry fee \$8



2018 Class Timetable

Mondays

8.30am Every Body
9.30am Stretch & Core
9.30am Coogee Aqua
10.45am Coogee Aqua

Tuesdays

8.30am Every Body
9.30am Tai Chi
11.00am Hip & Knee Focus
1.00pm Edgecliff Aqua



Every Body - general exercise class to improve fitness, strength & balance whilst allowing people to tailor their routine to suit their specific needs using a variety of low impact equipment.

Hip & Knee Focus - ideal for people preparing for or recovering from hip or knee replacement surgery. Exercises focus on increasing strength in leg muscles and improving movement, balance & walking patterns.

Tai Chi - an ancient Chinese practice of exercise & meditation involving gentle flowing movement to improve balance, co-ordination & blood flow. It is also shown to help prevent falls.

Wednesdays

9.30am Coogee Aqua

Thursdays

8.30am Every Body
10.00am Balance & Strength
11.00am Tai Chi Basics
1.00pm Edgecliff Aqua
2.30pm Hip & Knee Focus



Stretch & Core - a class to loosen your body and give you the freedom to move better with a greater focus on control of your core stomach muscles. Essential for everyone but a must for those who suffer from back pain.

Balance & Strength - aims to improve balance by strengthening leg muscles, improving reflex reactions, increasing core stability and challenging balance in different positions.

Aqua Class - excellent for people with arthritis or low back pain. Exercising in water improves fitness, strength, flexibility, core strength & co-ordination whilst the buoyancy adds confidence to movement.



Katherine Williamson Physiotherapist

Katherine qualified as a physiotherapist in London and then moved back to Sydney. Whilst working in nursing homes, establishing a private practice and running both land and water exercise classes, her passion for working with our older population developed.



"From my experience most of us continue to 'feel' young. Then one day you realise that your body is now struggling to achieve everything that you would like it to. At this point it becomes important to focus on our physical capability and establish a plan that enables us to continue doing what makes us happy. This is the reason I love running classes which are fun, sociable and physically rewarding."

Doris Teoh Exercise Physiologist

Doris graduated from Sydney University with a Bachelor of Exercise and Sports Science and after developing a keen interest in rehabilitation continued her studies to complete a Masters, specialising in Exercise Rehabilitation. Since then Doris has worked with chronic disease management especially in our older population so has been a wonderful addition to 50+ Fitness Therapy. Her plans include adding some new classes to our schedule as well as providing an in-home exercise service.



Edgecliff Aqua class



Venues

McKell Park, Darling Point
(harbour end of Darling Point Road)

Coogee Diggers Club
Cnr Carr & Byron Streets, Coogee

Edgecliff Pool
Basement, 100 New South Head Rd
(Between Mona & Darling Pt Roads)

**Health fund rebates may apply
BUPA preferred provider**

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**Darling Point,
Edgecliff and Coogee**



Darling Point class

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