

# Physiotherapy Group Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
10.45-11.45 Top to Toe Izabela	11.00-12.00 Pump it Up Anna	12.00-12.45 Step it Up Izabela	16.00-16.30 Short & Sweet Anna	11.00-12.00 Stretch Class Laura
12.00-13.00 Mat Pilates Izabela	12.15-12.45 Short & Sweet Anna	14.00-14.45 Circuit Class Anna		13.00-14.00 Standing Tai Chi Izabela
14.00-15.00 Sitting Tall Izabela	13.00-14.00 So Solid Anna			14.30-15.30 Seated Tai Chi Izabela

<b>Top to Toe</b> Seated Class: exercises for core strength, arms & legs	<b>Mat Pilates.</b> MEDIUM LEVEL core strength, flexibility, controlled movement. Seated or lying	<b>Sitting Tall</b> Seated Class Those with little or no leg function, focus on core strength & arms	<b>Pump it up</b> Mixed, Seated & Standing: Strength & Conditioning for those with low to medium levels of mobility	<b>Short &amp; Sweet</b> All Levels High intensity interval training (HIIT), for those looking to improve cardiovascular fitness level, a 30-minute class
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<p><b>So Solid</b> Standing Class. Strength &amp; Conditioning focus for those with medium to high mobility levels, minimal balance impairment</p>	<p><b>Pilates</b> Medium Level. Focusing on core strength, flexibility and controlled movement. Mostly in seated or lying</p>	<p><b>Stretch Class (Laura)</b> ALL LEVELS. General stretch class mostly seated</p>	<p><b>Tai Chi Standing Class</b> focus on slow, controlled movements to improve balance and mental well being</p>	<p><b>Tai Chi Seated Class</b> focus on slow, controlled movements to improve core strength and mental well being</p>
<p><b>Step it Up (Centre Based, Limited places)</b></p> <p>MIXED SEATED / STANDING – suitable for mixed levels of mobility, strength &amp; conditioning focus with some balance included</p>	<p><b>Circuit Class (Centre Based, limited places)</b></p> <p>MIXED LEVELS – individually set exercise programmes with therapist supervision</p>			