

Stronger for Longer

Conveniently located at
Beleura Private Hospital



Ramsay

health plus



Book a Stronger for Longer class today!

\$40 for single session

\$190 for 5 session pass

\$360 for 10 session pass

Led by experienced Exercise Physiologist or physiotherapist, this small group exercise class is designed to improve strength, balance and mobility. We use individualised exercise programs to help achieve your goals.

Who is this class best suited for?

After attending our day program

- Hip and knee replacement rehabilitation
- Prehab prior to joint or general surgery
- Following injury or orthopaedic surgery
- Joint and muscle pain
- Low back pain
- All levels and abilities welcome!

No referral required. Casual appointments available.

Ramsay Health Plus Beleura

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