



ACTIVE BODIES



EFFECT
EXERCISE &
REHABILITATION

0491 001 559

Active Bodies

Wednesdays & Fridays | 10:30am – 11:30am
Bowral Bowling Club, 40 Shepherd Street, Bowral

What to Expect:

- 60 minutes of varied, self-paced exercise
- Using TheraBands, bodyweight, walking, balance exercises, balls, and cognitive processing activities
- Slow-paced with variations and modifications offered to suit your needs

Class Size: Up to 25 participants

Cost:

- 4-class pack: \$60 (\$15 per class)
- Classes do not need to be consecutive

Initial 30-Minute Exercise Screening Consultation Required

To ensure the best outcomes for our class members, all participants complete a short consultation with one of our Exercise Physiologists. This helps us tailor exercises to your health needs and goals.

- Cost: \$98.00
- Medicare Chronic Condition Management Plan may cover part of this cost
 - If you already use this rebate for another service (e.g., physio, podiatry), it won't be claimable
- Private health cover may also be applicable (check your ancillary coverage)

We also run classes at our Moss Vale clinic, which may better suit your needs

We'll help you choose the best class during your initial consultation based on your goals.

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*Prices as of
September
2026*