



Strength and Conditioning class

Weekly sessions aimed at building postural and functional strength, stability and agility for running.

Group size: maximum of 10

Day: Mondays and Wednesdays

Time: Mondays 6.15-7.15 am and 7.15-8.15 pm Beginner groups

Wednesdays 6-7pm and 7-8pm Advanced groups

Where: Woden Integrated Physiotherapy clinic
Level 1 Canberra Health Point
16 Wilbow Street
Woden ACT 2606

When: Weekly

Cost*

\$50 for initial assessment to ensure activation of specific muscle group essential to exercise plan

\$120 for six consecutive classes. Paid in advance.

- Rebate available through Private Health Fund
(Invoice given after six sessions)