



GYM INFORMATION SHEET

Our Kent Street practice now has a gym area, equipped with new cardio equipment, free weights, weights machine, swiss balls, bosu balls and pilates equipment. The gym is open to our patients and members of the public on a monthly membership basis.

Initial Assessment

We require that you have an initial 1 hour assessment with one of our physios prior to your first gym session. This comprehensive assessment is to develop a program specific to you and your goals. If required, it will focus on rehabilitation of particular injuries whilst also maintaining a holistic approach. We will assess specific measurements related to goals i.e. your fitness level and body composition. You will also be shown how to set up and use all the relevant equipment.

Physio Review

We recommend you make an appointment to see your physio 2 weeks after your initial session to ensure you are managing your program well and are applying the correct techniques and postures. We also recommend you review with your physio every 3 months to progress your program as appropriate, however you can review more frequently than this if you wish, or if you are advised to do so by your physiotherapist.

Clinical Pilates

Pilates is a specialised program and has the potential to cause injuries if applied incorrectly. Therefore, the pilates equipment is only to be used under the supervision of one of our physiotherapists. We currently conduct one-on-one sessions and small group sessions for those interested in pilates. Please speak to our friendly receptionists if you wish to book in for a pilates assessment.

Opening Hours

The gym will be open for use at 7:45am, and all members are to be finished their workouts by 5:15pm. The gym is open Monday to Friday at this stage.

Incorporating:

ROCKHAMPTON
Rockhampton Physiotherapy
1 Kent St
PO Box 907
Rockhampton Q 4700
Phone: . 07 49 222 722
Fax: 07 49 212 539

YEPPOON
Keppel Coast Physiotherapy
31 Ben St
Yeppoon Q 4703
Phone: 07 49398577
Fax: 07 49302055

EMU PARK
Emu Park Physiotherapy
Emu Park Medical Centre
cnr Hill & William Street
Emu Park Q 4710
Phone: 07 49398 577

BLACKWATER
Blackwater Physiotherapy
PCYC Yeates Av
Blackwater Q 4717
Phone: 07 49827 722
Fax: 07 49825393

Prices

Initial gym assessment	1 hour	\$130
Program review	30 mins	\$71
Monthly membership	1 month	\$50/month
Pilates Initial Assessment	1 hour	\$130
Pilates Review	30 mins	\$71
Group Pilates Session	1 hour	\$50
10 Group Pilates Session Pass	10 x 1 hour	\$425

Note: A rebate may apply for gym assessments, review sessions, and all pilates sessions if you have 'Extras' cover with your private health fund.

Facilities

There is one toilet available for use by patients and gym members which is easily accessible from the gym, but unfortunately we have no shower facilities available for members use.

We do not have child minding services so please do not bring your children as they are not allowed in the gym area due to health and safety reasons.

What to Bring

Please ensure you bring a towel with you to each of your sessions. We also recommend you bring a drink bottle to maintain your hydration, and wear comfortable closed-in shoes.

Signing In

On your arrival to each of your gym sessions, please sign in at the front desk and our friendly reception staff will supply you with a wrist band that we request you wear during your session.

We hope you enjoy your workout!! 😊

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