



STRENGTH TRAINING & EXERCISE GROUPS **StarHealth**

GROUP NAME	DATE & TIME	VENUE	COST	ELIGIBILITY	CONTACT
PCYC Strength Training	Monday 11am-12pm	PCYC, 179 Inkerman St, St Kilda.	\$4 *cost charged by gym	Anyone recovering from injury or with a chronic health problem that affects their strength, flexibility or balance. Assessment from Star Health physiotherapist and medical clearance from your doctor will be required.	Referrals: Intake and Referral 9525 1300 General enquiries: Greg Paine 9525 1300
Goodlife Port Melbourne Strength Training	Monday, Tuesday and Wednesday 1pm-2pm	Goodlife Health Club, Bay St, Port Melbourne	\$5 *cost charged by gym	Anyone recovering from injury or with a chronic health problem that affects their strength, flexibility or balance. Assessment from Star Health physiotherapist and medical clearance from your doctor will be required.	Referrals: Intake and Referral 9525 1300 General enquiries: Greg Paine 9525 1300
Goodlife Prahran Strength Training	Monday and Thursday 1pm-2pm	Goodlife Health Club, Chapel St, Prahran.	\$6 *cost charged by gym	Anyone recovering from injury or with a chronic health problem that affects their strength, flexibility or balance. Assessment from Star Health physiotherapist and medical clearance from your doctor will be required.	Referrals: Intake and Referral 9525 1300 General enquiries: Greg Paine 9525 1300
Your Next Move	Tuesday and Thursday 10.30-11.30am	Re-Creation Health Club, 111 Cecil St, Sth Melbourne.	\$5.50 *cost charged by gym	A program for clients recovering from stroke or who have other neurological conditions. Assessment from Star Health physiotherapist and medical clearance from your doctor will be required.	Referrals: Intake and Referral 9525 1300 General enquiries: Greg Paine 9525 1300



Southport Strengtheners	Mondays and Thursdays 9-11am	South Melbourne	Discuss with your Star Health physio	Anyone who can safely move on and off gym equipment and be able to learn a program. Assessment from Star Health physiotherapist and medical clearance from your doctor will be required.	Referrals: Intake and Referral 9525 1300 General enquiries: Greg Paine 9525 1300
Prahran Strength Training	Mondays 10.30-11.30am	Prahran site	\$4	Anyone Note: priority given to pensioners and Health Care Card holders who live or work in the cities of Port Phillip or Stonnington. Assessment from Star Health physiotherapist and medical clearance from your doctor will be required.	Intake and Referral 9525 1300
Light Exercise	<ul style="list-style-type: none"> • Tuesday 11.30am-12.30pm in St Kilda • Tuesday 11am-12pm in Prahran • Wednesday 1pm-2pm in South Melbourne 	<ul style="list-style-type: none"> • St Kilda • Prahran • South Melbourne 	\$4	Anyone Note: priority given to pensioners and Health Care Card holders who live or work in the cities of Port Phillip or Stonnington. Assessment from Star Health physiotherapist and medical clearance from your doctor will be required.	Intake and Referral 9525 1300



Hip & Knee program	Mondays 1.30-2.30	Southport site	\$4	12 week supervised program for people with hip/knee arthritis. Assessment from Star Health physiotherapist and medical clearance from your doctor will be required.	Intake and Referral 9525 1300
Pilates	Tuesdays 10-11am	Mitford St site	\$4	6 week beginner level course with qualified instructor. Exercises are floor based. Assessment from Star Health physiotherapist and medical clearance from your doctor will be required.	Intake and Referral 9525 1300