

CORE FITNESS FOR RUNNING PROGRAM INFORMATION

Our **CORE FITNESS FOR RUNNING PROGRAM** is tailored for those involved in running, and conducted by Physiotherapist, **MADDY WALKER** (also a runner). Each program is limited to a **maximum of 6 participants**.

****Participate in all sessions and attend the final class for free!****

Who is the program designed for? How would it benefit my running?

The Core Fitness Program is for those who would like to improve their core/trunk stability, general strengthening, and body awareness.

The Program can assist runners with:

- Flexibility in commonly tight muscle groups e.g. Hamstrings, Calves, Hip flexors, Gluteals
- Improving body awareness, core strength and balance.
- An alternative form of exercise for generalised strengthening.
- Useful techniques to help relieve muscle soreness post-run.
- Improving running/exercise efficiency through better core control.

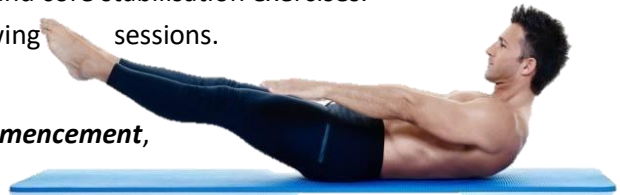


What does the program involve?

- 1 x Pre-program assessment to determine your baseline status and your specific needs and goals.
- 6 x one hour, weekly class sessions.
- Supervised, individualised exercises utilising Pilates techniques and core stabilisation exercises.
- Guidance on activities to be practiced and continued with following sessions.

When and where are the sessions?

- An initial assessment needs to be **booked prior to program commencement**, and will be a 30' Physiotherapy consultation.
- The next program will **commence late February** on Tuesday or Wednesday evenings, 5:30 – 6:30pm.
- All sessions are at **Kingston Physiotherapy & Sports Injury Centre**, in the Green Square Centre, Kingston.

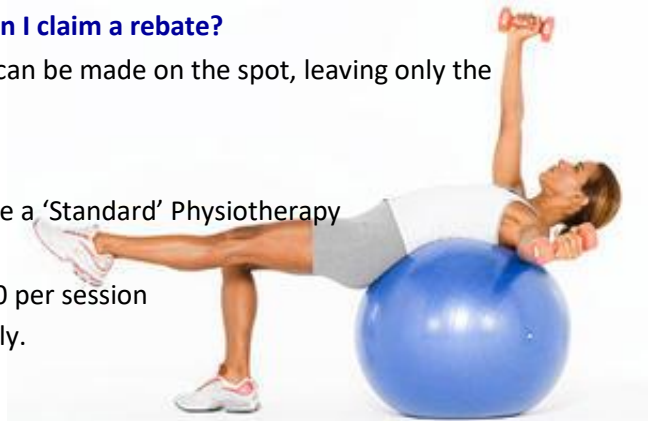


I have private health insurance (PHI) that covers Physiotherapy. Can I claim a rebate?

Yes. If you bring your PHI card to each session, a **HICAPS** claim can be made on the spot, leaving only the remaining balance, if any, to pay.

How much does the program cost?

- The initial one-to-one assessment session with Maddy will be a 'Standard' Physiotherapy consultation costing \$99.00 **before** claiming on PHI.
- The class sessions will be at a reduced 'Group' rate of \$59.50 per session **before** claiming on PHI. **Club discounts of 15%** may also apply.



Do I have to attend all the program sessions?

The sessions are progressive, with the greatest benefit being gained by participating consecutive session. However, attendance at every session is not compulsory.

A bonus for those who do attend every session is the **final class is free!**

How do I book my place and get more information about the program?

Call our reception staff on **02-6260 8244** to ask for further details and book a pre-program assessment with Maddy by mid-February.