

Stronger for Longer

Conveniently located at
Greenslopes Private Hospital



Ramsay

health plus



Book a Stronger for Longer class today!

\$30 for single session

\$250 for 10 session pass

Led by experienced physiotherapists, this small group exercise class is designed to improve strength, balance and flexibility. We use individualised exercise programs to help achieve your goals.

Who is this class best suited for?

- Hip and knee replacement rehabilitation
- Prehab prior to joint surgery
- Following injury or orthopaedic surgery
- Joint and muscle pain
- Low back pain
- All levels and abilities welcome!

Greenslopes Private Hospital

Ground Floor, Administration Building

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