

**07 4638 3022**

## What do the OH! sessions involve?

**Better Balance and Strength Class:** A fun and sociable group class focussing on strength and balance goals. Programs will be created and delivered in consultation with your OH! practitioner, to improve: mobility, minimise the risk of falls, increase flexibility, maintain bone density and build your strength. This class incorporates a variety of exercises and activities to help you move better, feel stronger, and stay independent.

**Hydrotherapy:** Looking to build your strength, recover from injury, improve your balance or gait, and/or assist with reducing pain and inflammation but find movement, exercise and rehabilitation on solid ground difficult, then join me in the pool! The pool has easy access, is not deep, and has warm water – so you feel comfortable in completing your tailored move- ment plan every step of the way.

**Reformer Pilates Class:** Reformer Pilates focuses on improving core control, strength and stability, so you can move, perform and live your life without pain and limitations. It uses gentle, controlled movements to help you achieve your goals, whether that's recovering from surgery or injury, becoming stronger and more flexible, or improving your coordination, balance and walking.

**Rehab and Conditioning 1:1:** A personal one on one session tailored specifically to your treatment plan and/or personal goals. If you're not quite ready for that group setting, new to exercising, or require one on one support to achieve the outcomes you want, then this is the option for you!

**Run Toowoomba Run:** Running sessions designed by our Physiotherapist Pieter, to boost your speed and endurance, through interval training. Interval training is an efficient training method that alternates running intensities over specific distances, with periods of active recovery. It is a great way to improve your running times! Sessions are designed to cater for people at all stages of their running journey, in a fun and supportive group environment.

**Strength Class:** A strength class programmed to target your practitioner directed treatment outcomes and personal goals. Move in a social and motivating group environment using resistance to build joint function; bone density; and muscle and musculoskeletal strength, to enhance your everyday activities, prevent injury and keep you doing the things you love!

## Locations

**Group Classes:** OH! Willows 55-57 Kitchener Street

**Hydrotherapy:** Milne Bay Aquatic and Fitness Centre 43-49 Victoria Street

**1:1:** Optimise Health 14 Ipswich Street / OH! Willows 55-57 Kitchener Street

**Run Toowoomba Run:** Godsall Street Queens Park