

Gym Based Sessions

Coordinated Fitness offer sessions in our own fully equipped gym. Participants can gain improvements in many aspects including strength, balance, mobility and cardiovascular fitness through the guidance of our Exercise Physiologists. We offer both individual and group exercise sessions where programs are individually tailored to each participant.

Hydrotherapy Sessions

Coordinated Fitness offer both individual and group hydrotherapy sessions for NDIS participants. These sessions assist with pain management and improving balance, strength and coordination of movements. Hydrotherapy sessions are individually tailored to the participants level of fitness and are always fully monitored by our Exercise Physiologists. Our sessions are completed at the Mt Gravatt East Pool.

Home Based Sessions

Coordinated Fitness offer individual sessions within the home. The goal of these sessions is to build participants confidence first within the home and then build them to transition to our gym. We encourage participants to transition to the gym where possible as this is another way of increasing engagement in the community. Participants can gain improvements through the guidance of our Exercise Physiologists.

If you are interested in participating in any of Coordinated Fitness's programs through your NDIS package, please contact **Coordinated Fitness on 1300 25 44 17.**



COORDINATED FITNESS

Exercise Physiologists - Living Through Movement

Coordinated Fitness

Shop 2, 601 Logan Rd
Greenslopes QLD 4120

Postal Address

Coordinated Fitness
PO Box 1066
Carindale Q 4152

T: 1300 25 44 17

M: 0417 765 818

info@coordinatedfitness.com



www.coordinatedfitness.com