

# FEBRUARY AT



*Love is in the Air*



## **FEBRUARY NEWS**

Welcome to February at Coordinated Fitness! We trust everyone is settling into the new year smoothly. As we embark on this month, we'd like to shine a spotlight on our Medicare Type II Diabetes group sessions, held every Friday at 8 am and Tuesday at 11 am. Additionally, we're actively seeking participants to join our Monday 5 pm group. This program is funded through Medicare and you will need the Group referral from your GP. If you're interested, please give Kerri a call to discuss your referral and reserve your spot! These group sessions are tailored to meet your individual needs, providing a safe, supportive, and motivating environment regardless of your exercise background.

On the 19th of February we will be kicking off our Pilates and Balance classes. These classes will be held at our Coordinated Kidz location. More info is below. If you are interested get in quick as spots are nearly full.

As always, your health and well-being are our utmost priority. If you're feeling unwell, please stay home and notify Kerri.

Let's make February a month of progress and positivity together!

From the Coordinated Fitness team

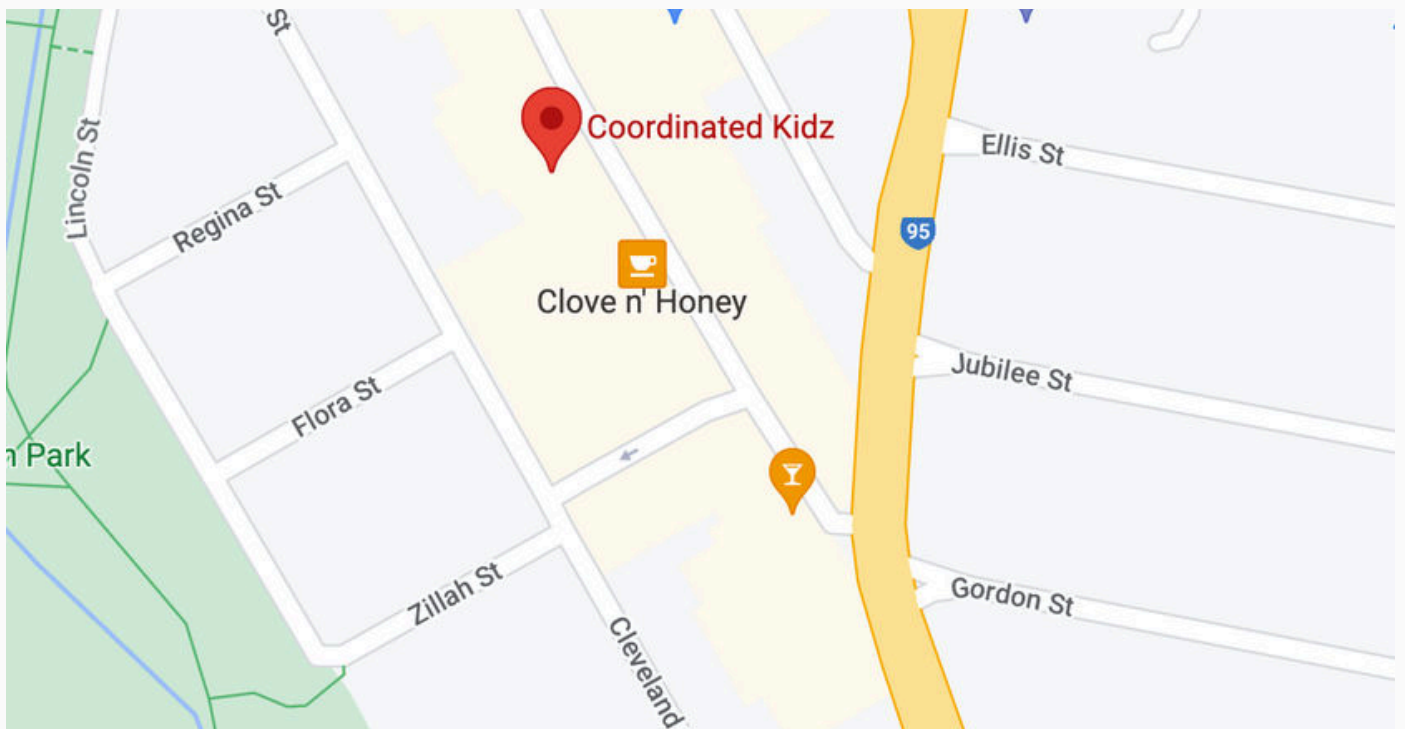
# *New Classes*

## *Starting 19th Feb 24*

This year sees us introducing two new classes - a Pilates class and a Balance class. These classes will be run by Lucy down at our Stones Corner clinic at 2/371 Logan Road.

We are currently taking expressions of interest to determine what morning these classes will run. Please see Kerri at reception to put your name on the list.

Sessions will run in a 6 week block. There are no make up sessions so please check you can commit to the dates of 19th February 2024 to 25th March 2024. The easiest parking is at the ALDI complex where you enter from Cleveland St. All payments are to be made before your 6 week block to Kerri at Coordinated Fitness. Please talk to Kerri for more information.



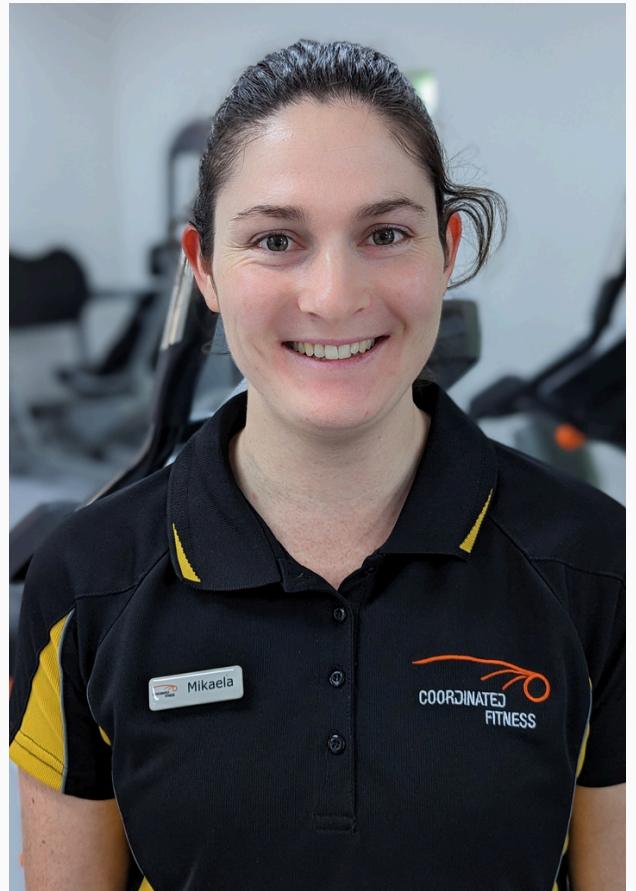
## Exciting Developments in Women's Health!

We're thrilled to share that one of our dedicated practitioners, Mikaela Sullivan is focusing on specialising in women's health.

From addressing concerns such as endometriosis, prolapse, pelvic pain, and menopause to aiding in post-partum care, and navigating through women's cancers such as ovarian, cervical, and breast cancer, she is committed to providing tailored support for women at every stage of life.

If you or someone you know could benefit from assistance in these areas, don't hesitate to schedule an appointment with her!

## *Mikaela*



## *Client Shout Out*

### **QUEEN ROZZ**

Rozz has started off strong this year, actively participating in our group Exercise Physiology sessions at the clinic twice per week.

Her dedication and hard work are truly commendable, and we couldn't be prouder of her remarkable progress!

Keep it up, Rozz!



# Do you know we have a kids clinic?

COORDINATED KIDZ IS LOCATED AT 2/371 LOGAN RD STONES CORNER



## *Coordinated Kidz*

### KIDS CLINIC

Our kids clinic located at 2/371 Logan Road, Stones Corner. The best place to park is in the ALDI complex. When you exit the ALDI complete turn left and we are located about 100m on the left. See our current opening hours below:

#### **Opening Hours:**

Monday - 3:15pm-5:30pm

Tuesday - 2pm-5pm

Wednesday - Closed

Thursday - 1pm-5:30pm

Friday - 9am-12pm

Saturday - Closed

Sunday - Closed



# Coordinated Kidz

Our Paediatric Exercise Physiologists can help with many common, and complex conditions including, but not limited to:

MOVEMENT AND  
STRENGTH  
DIFFICULTIES



SENSORY  
PROCESSING  
DISORDERS



AUTISM  
SPECTRUM  
DISORDER (ASD)



JUVENILE  
IDIOPATHIC  
ARTHRITIS



NEUROLOGICAL  
CONDITIONS (E.G.  
CEREBRAL PALSY)



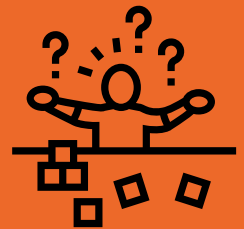
RESPIRATORY AND  
CARDIOVASCULAR  
CONDITIONS (E.G.  
ASTHMA)



CHILDHOOD  
CANCERS



DEVELOPMENTAL  
COORDINATION  
DISORDER (DCD)



HYPERMOBILITY  
AND CONNECTIVE  
TISSUE DISORDERS



GLOBAL  
DEVELOPMENTAL  
DELAY (GDD)



ATTENTION  
DEFICIT  
HYPERACTIVITY  
DISORDER (ADHD)



DOWN SYNDROME



WE PROVIDE VARIOUS SERVICES TO HELP WITH THESE CONDITIONS, INCLUDING DYNAMIC MOVEMENT INTERVENTION, EARLY INTERVENTION THERAPY, GAIT TRAINING, HYDROTHERAPY, INTENSIVE THERAPY, AND EXERCISE PHYSIOLOGY FOR KIDS. VISIT OUR WEBSITE FOR MORE DETAILS!