

# MARCH AT



*Easter has come early this year!*

## **MARCH NEWS**

It's already March at Coordinated Fitness and 2024 has started with a bang! February saw us kick off some new classes and we welcomed many new faces into the CF family this month.

Like February, we are still putting the word out for those of you who are eligible for a type 2 diabetes group referral to get in and book your initial assessment with Kerri. Please see your GP for a referral and then give Kerri a call on 0417 765 818 to book. These groups do fill up so secure your place today!

Easter comes early this year, creeping up on us at the end of March. We have outlined our closing dates over the Easter period on the next page.

Don't forget that our sister clinic, Coordinated Kidz, is down the road in Stones Corner. If you know any little ones who might benefit from our help, please pass on the information about paediatric exercise physiology that we've attached at the end of this, and the previous, issues of our newsletter.



## *Pilates and Balance classes have started!*

Lucy started our new pilates and balance classes in the middle of February. The schedule for these are as follows:

9am - 9.45am: Pilates  
10am - 10.45am: Balance

There was a change in a location for these classes prior to commencing. They are now held at the Coordinated Fitness clinic at 601 Logan Road, Greenslopes. We are using the back space rather than the gym floor for these classes.

We hope that next month we'll have some great progress reports from our current attendees!

For more information or if you have any questions, please chat with Lucy or Kerri and book your spot!!

## *Diabetes Group Times*

For those of you who are eligible for our 8-week, type 2 diabetes group sessions, the group times are as follows:

11.30am: Monday  
5.00pm: Monday  
11.00am: Tuesday  
8.00am: Friday

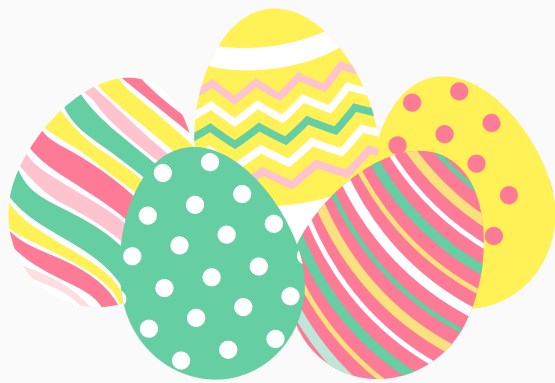
You must first complete an initial assessment and then each group runs for one hour. You must have a specific referral from your GP for these groups. If you have any questions and to book, please have a chat to Kerri.

## *Win in March!*

A new month and a new promotion!! In March we are giving away a FREE 30 minute program review. Simply go in the draw to win by purchasing a 10 group pass.

A program review means that you can have your movement reassessed, establish new fitness goals and learn some new exercises.

Visit Kerri to purchase your next 10 pass in March!



**HAPPY  
EASTER**

## *Easter Period Closures*

A friendly reminder that we will be closed on the following dates over the Easter Period:

- 29th March** - Good Friday
- 30th March** - Easter Saturday
- 31st March** - Easter Sunday
- 1st April** - Easter Monday

# *Lucy*

## **Parkinson's Disease**

In case you missed it, in October last year Lucy attended a one day professional development course in Maroochydore called PD Warrior. She has a special interest in Parkinson's Disease and neurological conditions.

PD Warrior is an advanced exercise program that incorporates both physical and cognitive activity for people living with Parkinson's. PD Warrior is supported by a growing body of evidence that shows that intensive, high effort, complex exercise has the potential to slow the progression of your symptoms by using neuroplasticity – your brain's natural ability to reorganise its pathways and connections, much like re-wiring.

Lucy is so excited to share this knowledge with her clients and is looking forward to starting a Parkinson's specific exercise group later in the year.



## *Client Shout Out*

### **RICHARD**

A big shout out to group attendee Richard! He attends the clinic twice a week for his sessions and is such a hard worker!

Thanks for always being so polite and respectful in the gym Rich. We love seeing you smash your fitness goals.



# 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)



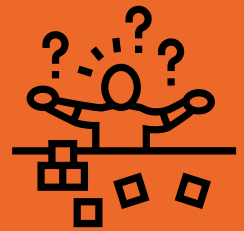
RESPIRATORY AND  
CARDIOVASCULAR  
CONDITIONS (E.G.  
ASTHMA)



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!