



- Best first treatment for hip and knee arthritis

Mon	Tues	Wed	Thurs	Fri	Saturday
Jennifer 10.00am-11.00am	Paul 9.15am-10.15am	Leisa 9.00am-10.00am Jennifer 10.20am-11.20am	Kate 11.30am-12.30pm	Leisa 8am-9.00am	Jennifer 11.00am-12.00pm
Kym 6.00pm-7.00pm	Leisa 6.30pm-7.30pm		Kate 6.00pm-7.00pm	Paul 12.00pm-1:00pm	

Fees

- 40 minute GLA:D Initial Assessment.....\$100
- 14 Sessions GLA:D Programme includes:
(12 group classes and 2 x Education sessions) \$ 499.80
- 3 month GLA:D follow up\$85

You will need to pay in the clinic prior to commencing classes.

If you have Private Health Insurance, you may be eligible for a rebate at the completion of your classes.

What to wear and bring

- Comfortable clothing
- Enclosed shoes ie; sneakers
- Towel and Drink Bottle

Cancellation

We require 24 hours notice should you need to cancel your session, If you do not attend your class or fail to provide the notice required, a cancellation fee of the full cost of the session will be deducted from your pass.

Location

Wakefield Sports Clinic
Next Generation
War Memorial Drive
North Adelaide 5006
ph. 8221 7000

