



# Osteogym Class



## Important Information

### Classes\*

(60 min session)

Monday	9.30am-10.30am
Friday	9.30am-10.30am

\*Bookings are recommended for all classes.  
Maximum number of participants permitted  
is 10 per class.

Subiaco Women's Health offers a specialised exercise class for those concerned with bone health, have low bone density or have been diagnosed with osteoporosis.

The Osteogym class combines weight bearing exercises, balance tasks and postural strengthening activities to build bone mass, develop good muscle strength and improve balance.

The aim of Osteogym is to provide a safe, progressive program in a relaxed and enjoyable group setting using our rehabilitation gymnasium.

A comprehensive assessment is carried out by one of our physiotherapists prior to attendance and any special needs are highlighted and incorporated into the class for you.

Ask at reception or call today on **08 9382 9600**