



- Best first treatment for hip and knee arthritis

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

