

PHYSIO EXERCISE CLASS FAQS

ABOUT THE CLASSES

- 1. What makes Physio Exercise Classes at Physiosports Brighton different from regular Pilates classes?**
Our Physio Exercise classes, inspired by Pilates, are designed and led by qualified Physiotherapists who tailor each session to your individual injury or movement goals. This means every program is clinically informed and personalised—not one-size-fits-all.
- 2. Who are the Physio Exercise Classes suitable for?**
Our classes are suitable for all levels—from beginners to seasoned movers. Whether you're managing an injury, returning to sport, or simply wanting to move better, we've got you covered.
- 3. Do I have to be injured to do Physio Exercise at the clinic?**
Not at all! While many people join us for rehab, our Physio Exercise Class service is also ideal for injury prevention, general fitness, posture, and core strength.
- 4. I'm pregnant or recently had a baby—can I do a Physio Exercise Class?**
Yes, we offer pre- and post-natal Physio Exercise tailored to your stage of pregnancy or recovery. Be sure to mention this during your assessment.
- 5. Are the classes group or one-on-one?**
Our classes are small group sessions (6 max) where everyone works through their own tailored program under the supervision of a physiotherapist. If you would prefer a one-on-one session with your Physio, this can easily be arranged.
- 6. How long is each class?**
Each class runs for approximately 50-55 minutes.

GETTING STARTED

- 7. Do I need an assessment before starting my membership?**
Yes. All new participants start with a one-on-one Physio Exercise Initial Assessment. This allows your Physio to understand your history, movement needs, and goals so we can tailor a program specifically for you.
- 8. What happens during the Physio Exercise Initial Assessment?**
Your physio will assess your movement patterns, injury history, goals, and current strength and mobility. Your Physio will then guide you through your program and you'll walk away with a customised Physio Exercise program and a plan for your first class. The program will be based on various exercises that use both Pilates equipment and other forms of resistance training.
- 9. How do I book my Physio Exercise Initial Assessment or join a Physio Exercise Class?**
You can book online via our website, call our clinic directly, or speak to your treating physiotherapist if you're already a patient. We're happy to help guide you through the process.
- 10. What should I expect in my first Physio Exercise Class?**
In your first class, you'll be guided through your individualised program by a physiotherapist. We'll check your technique, adjust exercises if needed, and make sure you feel confident and supported.
- 11. What should I bring to class?**
Wear comfortable exercise clothes including socks, bring a water bottle and a towel. All other equipment is provided by the clinic. Many people choose to wear Pilates based grip socks which can be purchased at the clinic.



YOUR PROGRAM AND PROGRESS

12. How are the programs delivered and updated?

Your individualised Physio Exercise Class program is delivered through PhysiApp, our easy-to-use app that provides clear video demonstrations of each exercise, along with instructions tailored to your needs.

But don't worry – you won't be left on your own. Every session is fully supervised by a physiotherapist who's there to guide you, answer questions, and make any corrections or adjustments needed on the spot. Our goal is to make sure you feel confident, safe and supported as you move.

13. How is my program progressed over time?

Your program is individually designed and regularly progressed by your physiotherapist throughout your block of sessions, based on how you're moving and responding in class. To ensure we're always meeting your needs, we strongly encourage a review session every 12 weeks. During this review, we'll reassess your goals, update your program, and adjust your plan to match your progress or any changes in your condition.

14. Can I use the studio for unsupervised sessions?

Yes! Depending on your membership level, you may have the option to book Unsupervised Sessions in the studio.

These sessions allow you to follow your individualised Physio Exercise Program independently, using the space and equipment outside of class times. It's a great way to get more movement into your week while still following the same program prescribed by your physio.

If you're interested in this option, just ask your physiotherapist or reception team for more details on eligibility and booking.

ATTENDANCE AND BOOKING

15. How does the booking process work for different membership types?

We offer a few flexible membership options to suit your schedule and goals. Here's how booking works for each:

Unlimited & Standard Memberships:

- **PERMANENT CLASS:** Both membership types include **ONE PERMANENT WEEKLY CLASS** for the duration of your membership (e.g. Tuesdays at 9am). This class time will be **CONFIRMED WITH YOU BEFORE YOUR FIRST CLASS** and held for you each week.
- **ADDITIONAL CLASSES:**
 - **UNLIMITED MEMBERS** can book up to **TWO ADDITIONAL SUPERVISED CLASSES PER WEEK**, plus have access to **UNLIMITED UNSUPERVISED SESSIONS** in the studio.
 - **STANDARD MEMBERS** have access to **UNLIMITED UNSUPERVISED SESSIONS**, but no additional supervised classes beyond their permanent weekly session.
 - Additional classes (where applicable) can be booked **UP TO ONE WEEK IN ADVANCE, SUBJECT TO AVAILABILITY.**

Pay As You Go (Week-to-Week) Membership:

You can book your **ONE WEEKLY CLASS UP TO ONE WEEK IN ADVANCE**, also **SUBJECT TO AVAILABILITY.** If you're unsure which membership suits you best or need help with bookings, feel free to contact our team—we're happy to help!

16. How often should I attend?

Most clients attend at least 1–2 times per week, but we'll work with you to find a rhythm that suits your goals, schedule and recovery needs.



17. What happens if I can't make a class?

We understand that life happens! You can cancel or reschedule up to 24 hours before the class via our booking system or by calling the clinic.

18. What if the class I want to book is full?

If your preferred class is fully booked, **DON'T WORRY – YOU CAN JOIN THE WAITLIST!**

You can add yourself to the **WAITLIST BY CONTACTING THE CLINIC DIRECTLY ON 95969110.**

If a spot becomes available due to a cancellation, **YOU'LL BE CONTACTED BY OUR TEAM** to let you know you've secured a place.

We recommend joining the Waitlist as soon as possible to increase your chances of getting into your preferred session!

HEALTH INSURANCE AND PAYMENTS

19. Can I claim private health insurance for the classes?

Yes, if you have physiotherapy extras cover. Check with your insurer for your specific level of cover and eligibility. Please note: Health fund rebates require a current physiotherapy assessment and program review every 12 weeks to remain eligible. Please note that health insurance rebates are not available for the Unsupervised classes.

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