

G4 Physiotherapy & Fitness

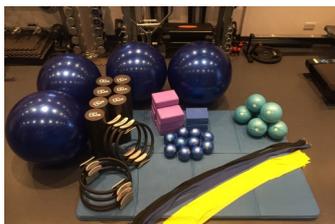


January 2018

WELCOME! To the G4 Physiotherapy & Fitness Clinic Newsletter for 2018. What's the best way to start this new year? ... how about improving your strength, flexibility, endurance, health, fitness, social circle, education, nutrition, and much much more?? Well here at G4 we are now hosting a whole new selection of fitness based classes in our very own onsite gym and studio space. Our small group sessions can be tailored to each individual and are hosted by our fantastic team of Physiotherapists, Sports Rehabilitators, Personal Trainers, Yoga Instructors and many other health care professionals. We look to continuously further your knowledge (as well as our own!) to help you achieve your fitness goals, overcome injuries and ultimately help you become (or stay) the best you that you can possibly be. For more information on our classes and a class timetable, click [here](#) and read on for a brief overview of what we host!

G4 Pilates

Pilates is a great exercise practice designed to increase core stability and mobility, improve posture, strengthen the abdominals, aid lower back pain and provide total body rehabilitation. The Pilates concept focuses on simple body weight movements with a high focus on technique and knowledge to recruit the correct muscle groups. We also do ante-natal classes for those yummy mummy's out there!



G4 Flexibility

Our G4 Flexibility sessions are a great way to aid recovery between your other training sessions, and promotes full body joint and muscular flexibility and mobility. This class is a great way to progress your body's capability in other types of training, by increasing your range of motion and alleviating both pain and stiffness.



G4 Strength

Strength classes will use a combination of free weights, cable machines, battle ropes, medicine balls, and the body to train the whole body or specific muscle groups against a resistance. A great class to try if you want to increase your muscular strength and endurance, and progress your knowledge and technique of weight lifting and free weights.



G4 Circuits

Circuit training sessions are great for you, if your goals are to lose fat, improve your cardiovascular fitness, muscular endurance and have a laugh whilst you do! This type of training involves sustaining high intensity interval workouts, using resistance equipment or your own body.



G4 Yoga

Here at G4 we hold 'Hatha Yoga' classes, which covers a number of styles including Ashtanga, Power yoga and Vinyasa. This involves moving through and holding static postures to increase your overall flexibility and strength and reduce muscle tension. Incorporating breathing and relaxation techniques, yoga is a great practice to improve both physical and mental health and wellbeing. Also a very technique based practice, this low intensity based exercise is great fun for all!

