



STRONGER BONES GROUP CLASS

Mondays
10:30am

ALL SPORTS
PHYSIOTHERAPY

Improve bone density, strength, and balance through safe progressive, weight-bearing and resistance exercises.

Ideal for individuals with osteoporosis, osteopenia, or those wanting to proactively protect their bone health. Exercises are evidence-based, closely guided, and tailored to individual abilities and goals.

For more information :

(07) 3378 0135

**Unit 2/1370 Gympie Rd, Aspley QLD
4034**

