



UWA Exercise & Performance Centre (EPC)



EXERCISE PHYSIOLOGY – PERFORMANCE

The UWA Exercise and Performance Centre (EPC) provides individual and group exercise physiology services to improve health, function and physical performance.

The EPC is linked with the School of Human Sciences providing clinical training to postgraduate students undertaking Master of Clinical Exercise Physiology.

Clinical Exercise Programs

**Medicare and Private health rebates may apply.*



Osteo –
Group based exercise for the management of osteoporosis and osteoarthritis.



MediSwim –
Aquatic and gym based exercise class incorporating strength, mobility and swimming components targeted to address metabolic disease or its risk factors.



HealthyHearts –
Cardiovascular exercise rehabilitation sessions conducted in specialised rehabilitation clinic.



CanMoves – Individualised exercise management plan for cancer patients at any stage of disease or treatment.

Group Classes & Supervised Gym Floor

- **Aqua** – Strength and mobility classes in a heated outdoor pool.
- **Move Well** – Gym based strength and fitness class to optimise function or combat age-related declines.
- **FIT-R** – Fitness class designed to challenge participants and at the same time cater for individual differences or rehabilitation pathways.

Injury Prevention & Rehabilitation

- Individual Consultations for the treatment, rehabilitation and management of musculoskeletal pathologies and chronic conditions.

Performance Services




- Testing and training packages can be tailored for individuals &/or groups based on the sport and performance goals.

Telehealth Services

- Individual and group-based Telehealth services to provide consultation and evidence-based exercise management plans to you in the comfort of your own home or office.

Gym Open: Mon-Fri 6-11am, Mon & Wed 3:00-5:30 & Sat 7-10

Group Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am			Fit-R		Fit-R	
7am		Osteo	Move Well	Osteo	Move Well	Move Well
8am						
9am						
10am		Aqua		Aqua		
11am	Move Well				Move Well	
12pm						
4.30pm	Fit-R	Fit-R Online	Fit-R	Fit-R Online		
5.30pm						
6.30pm						

Online bookings: <https://uwarehab.cliniko.com/booking>

*Bookings essential, assessment &/or medical clearance may be required.



Fit-R



Aqua



Move Well



Osteo



MediSwim

Exercise Services & Prices

Initial & Subsequent Consultations (Rebate code: 102/202, 500/505)	\$54.60
Exercise Studio (1-3 people - rebate not available)	\$16
Exercise Group Classes	\$100 for 10 session pass
3 month member (incl. 1-on-1 consult)	\$260
Monthly Direct Debit Membership	\$78/mth

Health fund rebates may apply. Eftpos and On-spot HICAPS claiming available for private health funds. DVA, Medicare and bulk billing available (dependent on service).

Contact Us

**UWA Exercise & Performance Centre -
University of Western Australia**

Entrance #4, Parkway (street and ACROD parking available)

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W. www.uwa.edu.au/facilities/uwa-exercise-and-performance-centre

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