

# UWA EXERCISE & PERFORMANCE CENTRE



## EXERCISE PHYSIOLOGY

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



### Osteo

Group based exercise for the management of osteoporosis and osteoarthritis.



### MediSwim

Aquatic and gym based exercise class incorporating strength training and swimming targeted at addressing metabolic disease or its risk factors.



### CanMoves

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

### PROST!

Prostate cancer group exercise program providing gym sessions and social gatherings, enabling you to connect with other men affected by prostate cancer.



## Group Exercise Sessions

- **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 Management & Rehabilitation

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

## Performance Testing Service

- 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 Opening Hours

The UWA EPC is open for general exercise sessions at the following times:

**Mon-Fri 6-12pm, Mon & Wed 3:00-5:30 & Sat 7-10**

## Group Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00			Fit-R		Fit-R	
7:00		Osteo	Movewell	Osteo	Movewell	Movewell
8:00		CanMoves**				
9:00						
10:00	Mediswim	Aqua	Medigym	Aqua	Mediswim	
11:00	Movewell				Movewell	
12:00			PROST!**		PROST!**	
*Bookings essential, assessment &/or medical clearance may be required prior to first class. ** Specialised group classes. Please enquire UWA EPC prior to first class.						
4:30	Fit-R		Fit-R			

## Exercise Physiology Services & Prices

<b>Practitioner Led Services</b> (services may be observed by a student)  <b>Please note: Rebate not available if student led</b>	<b>Initial &amp; Subsequent Consultations:</b> (Rebate code: 102/202)	<b>\$65</b>
	<b>Group Exercise Session:</b> (Rebate code: 502)	<b>\$100 for 10 session pass</b>
	<b>Exercise Studios (Up to 3 people) :</b> (Rebate Code: 502)	<b>\$22</b>
<b>Memberships</b> (All include unlimited group classes and independent gym sessions)	<b>3 Monthly Membership</b> (incl. Up to 2 student led sessions per week & a 1-on-1 consultation)	<b>\$320</b>
	Monthly Direct Debit <b>Independent</b> Membership (Independent gym sessions only)	<b>\$60</b>
	Monthly Direct Debit <b>Single Studio</b> Membership (1x student led studio session per week)	<b>\$80</b>
	Monthly Direct Debit <b>Double Studio</b> Membership (2x student led studio sessions per week)	<b>\$100</b>

## Contact Us

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

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

**EasyPark** is now available for payment of parking. Please refer to street signs or download app

**Phone:** 6488 3333

**Fax:** 6488 2196

**Email:** epc-sseh@uwa.edu.au

**Website:** www.uwa.edu.au/facilities/uwa-exercise-and-performance-centre

