

## REHAB CENTRE

Three Mile Lane, Keele, ST5 5HH

*Get yourself 'Swanning Back' to exercise, prevent injury and manage stress with our classes...*

### TIMETABLE

Room

### CLASS DESCRIPTIONS

Monday			Room	Class	Description			
Time	Class	Instructor						
18.30 - 19.30	Pilates	Cat	ES	Pilates	A low-impact exercise aimed at strengthening your core and reversing the effects of modern day postures such as sitting, computer work and driving. An excellent way of managing spinal conditions and arthritis.			
19.45 - 20.45	Pilates	Cat	ES					
Tuesday			Room	Class	Description			
Time	Class	Instructor						
12.30 - 13.30	Dru Yoga	Christine				ES	Sports Rehab	Open to all athletic abilities - whether you are trying to improve performance, prevent injury or are recovering from injury. Our rehabilitation team will help you get back to what you love doing.
Various Times	Rehab / Sports	Becky & Physio Students				RG		
14.00 - 19.00	Rehab	Cat				ES		
18.30 - 19.30	Pilates	Cat	ES					
20.00 - 21.00	Dru Yoga	Christine	RG					
Wednesday			Room	Class	Description			
Time	Class	Instructor						
19.30 - 20.30	Pilates	Cat	ES	Ante & Post-Natal Pilates	We are able to accommodate ante- and post-Natal Pilates within our Pilates classes. As our class sizes are small exercises can be safely adapted. All we ask is that you have a 1-2-1 Assessment before joining a class.			
19.30 - 20.30	Yoga	Christine	RG					
Thursday			Room	Class	Description			
Time	Class	Instructor						
10.00 - 11.00	Pilates	Cat				ES	Rehab	Run by the rehabilitation team in our dedicated rehab gym, ideal for preparing for surgery, recovering afterwards as well as getting back to exercising after injury or illness and exercising to manage arthritis. Also great for working on balance and co-ordination to prevent falls. All ages and abilities catered for.
11.15 - 12.15	Pilates	Cat				ES		
Various Times	Rehab / Sports	Becky & Physio Students	RG					
16.00 - 20.00	Rehab	Cat	RG					
Friday			Room	Class	Description			
Time	Class	Instructor						
12.00 - 13.00	Dru Chair Yoga	Christine	RG	Dru Yoga	Foundations set in ancient yogic tradition, Dru works on the Body, Mind and Spirit. Flowing sequences, postures, breathing and visualisation to tone and stretch, increasing flexibility, whilst de-stressing and relaxing. Suitable for all abilities, fitness levels and ages.			
Saturday								
Time	Class	Instructor	Room	Class	Description			
9.45 - 10.45	Pilates	Cat	ES	Chair Dru Yoga	Yoga in a chair! Great if you struggle getting up or down from the floor!			

*More Classes in development for 2018 - please email any ideas to [admin@swanphysio.co.uk](mailto:admin@swanphysio.co.uk) and we will see what we can do!*

**1-2-1 sessions with all of the instructors are also available**

An assessment from the instructor is recommended prior to joining a class

All of our classes are in small groups to ensure close supervision

Classes can also be delivered on site in your workplace by special arrangement - please contact reception for more information.

Direct Debit Options now available

## REHAB CENTRE

Three Mile Lane, Keele, ST5 5HH

*We pride ourselves on offering a range of services to suit all individual needs - literally from your head to your toes!*

### AYURVEDIC MASSAGE

with

**CHRISTINE MURRAY**



*Ayurvedic Massage uses warm oil containing therapeutic herbs*

*It can help to:*

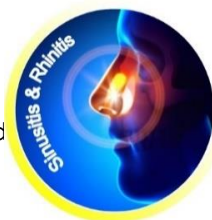
- Boost the Immune System
- Reduce Stress
- Improve Circulation
- Promote Health Skin
- Detoxify
- Cleanse

*Massages Available:*

- Whole Body  
**£50 / Massage (75-90mins)**
- Back/Neck/Shoulder  
**£40 / Massage (45-60mins)**
- Facial

### SINUSITIS & RHINITIS TREATMENT

We can now offer a Head/Face Ayurvedic Massage, followed by Acupuncture from one of our Therapists to help clear blockages and relieve the pain associated with Sinusitis/Rhinitis.



**£55 Massage + Acupuncture (75-90 mins)**



### HYPNOTHERAPY

and more... with

**JANE LLOYD**

*Jane uses a variety of techniques:*  
NLP (NeuroLinguistic Programming)  
Mindfulness  
Hypnotherapy  
and many more....

*These can help with:*

- Stress & Anxiety
- Depression
- Phobias
- Pain
- Weight Management
- Post Traumatic Stress Disorder
- Irritable Bowel Syndrome
- Smoking Cessation

Jane is happy to discuss if any of her services will be of benefit to you in a complementary telephone consultation - just call our main reception and we will book in a convenient time for her to call you.

*Often a couple of sessions is all that is needed to get you on your way to a better recovery - from head to toe!*

**Call now to avoid disappointment!**