THE UNIVERSITY OF WESTERN AUSTRALIA

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.
- **MoveWell -** 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.

Gym Opening Hours

The UWA EPC is open for general exercise sessions at the following times:
Mon-Fri 6-12pm, Mon & Wed 2:00-5:30 & Sat 7-10

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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!**	
4:30	Fit-R		Fit-R			

***Bookings essential, assessment &/or medical clearance may be required prior to first class.**
**** Specialised group classes. Please enquire UWA EPC prior to first class.**

Exercise Physiology Services & Prices

Exercise Physiology Services (Practitioner-Led)	**Initial Assessment:** (Rebate Code: 102)	**$90**
	Standard Consultation: (Rebate Code: 202)	**$65**
Student Led Services **Please note: Private Health Rebate not available if student led**	**Group Exercise Session**	**$100 for 10 session pass**
	Exercise Studios (Up to 3 people)	**$22**
Memberships (All include unlimited group classes and independent gym sessions)	**3 Monthly Membership** (incl. Up to 2 student led sessions per week & a 1-on-1 consultation)	**$320**
	Monthly Direct Debit **Independent** Membership (Independent gym sessions only)	**$60**
	Monthly Direct Debit **Single Studio** Membership (1x student led studio session per week)	**$80**
	Monthly Direct Debit **Double Studio** Membership (2x student led studio sessions per week)	**$100**

Contact Us

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

