

COMMUNITY EXERCISE PHYSIOLOGY



The welcoming bridge
between outpatient
rehab and the gym.



Tuesdays and Fridays 9am to 10am
\$10 per casual session

Leaving outpatient hospital rehab can feel daunting, but joining a bustling public gym can feel just as overwhelming.

Our Rehab-to-Gym Bridge gives you a safe, relaxed space designed specifically to help you regain physical confidence, stability, and everyday strength without the noise, mirrors, or pressure of a gym.

What to Expect

- Circuit activities tailored directly to your recovery stage, medical history, and mobility level.
- Parallel walking rails, and low obstacles to safely challenge stability and prevent falls.
- Low-pressure activities that get your arms, hands, and reaction times moving naturally.
- Treadmill and stationary bike stations set up for supported, low-impact heart and joint health.



TRUSTED SUPPORT



GENTLE EXERCISES



INCLUSIVE COMMUNITY

Robyn Papworth - 400894BY
Medicare, Private Health,
Aged Care Package Funding
may be available



0404058718



www.nevertoooldtoplay.com



A Space Designed for Allied Health Support and Inclusion

We believe physical movement should feel safe, accessible, and enjoyable. You do not need any gym experience, and you never have to worry about "keeping up" with anyone else.

Details for Your Peace of Mind

- Small group sizes ensure personal attention and dedicated space at every station.
- Take a seat whenever you need. Every exercise has seated, supported, or lighter alternatives.
- Bring a support person, partner, or family member along to accompany you or sit in.

ARRIVAL & ACCESS INFORMATION

- Front entrance has 3-step access from the front path.
- Rear entrance is accessible via the driveway (note: driveway has a gentle downward decline) with 1-step directly into the studio.
- Street parking available right outside.

Reserve your Spot - (12 places per session)

- Book Online: www.nevertoooldtoplay.com
- Phone / Text: 0404 058 718
- Casual Rate: \$10 per session
- Speak to your GP about a Chronic Disease Management (CDM / EPC) plan referral for Exercise Physiology. Robyn Papworth's Medicare Provider number is 400894BY
 - Private Health Insurance, Home Care Packages (HCP), and NDIS self-managed/plan-managed funding may apply.