

## Jervis Bay Physiotherapy - Monthly Newsletter

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# Newsletter - February.

Our monthly update of all things Jervis Bay Physiotherapy and what our team is up to in the community and the clinic. Including a blog post by one of our physios.



by Jackson Webb, 17th February 2025.

February was our big month! We opened our new Physiotherapy clinic in Sanctuary Point.

We are now located at 2/200 Kerry Street, Sanctuary Point NSW 2540. We have opened a private clinic with 3 private consultation rooms, a large gym area with equipment for all levels of fitness, private waiting space and front of clinic parking including 2 x disability parking spots.

The team at Jervis Bay Physiotherapy is loving all the updates to the new clinic, the fresh space and equipment including our new reception space and waiting area.

The feedback from all our lovely clients has also been so positive and affirming that this is the best space for our team and clients!

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#### THIS WEEK'S TOP STORIES



## New Gym Area

by **Jackson Webb**

Our new gym space has cable machines, weight rack with 2 x barbells (15kg and 20kg), assorted weight plates, weight bench and nordic curl attachment, treadmill, bike and leg press machine.

In addition we have parallel bars, chairs, dumbbells from 0.5kg - 15kg, kettlebells, slam balls, water tube weights, cones, balls and boxes.

## Group Classes Are Back!

Community exercise classes are back! Term 1 has commenced for our group exercise classes and we have moved them from the St Georges Basin Community Centre to our new Sanctuary Point clinic on Kerry Street. We are currently running 7 classes per week. The schedule is below, we are now taking in clients for term 2 starting in May.

Tuesday 2pm Low Level Maintenance, Tuesday 3pm High Level Maintenance, Tuesday 4pm Low Level Maintenance.

Thursday 8.30am Low Level Balance, Thursday 9.30am High Level Balance, Thursday 10.30am Parkinson's Disease Class, Thursday 3pm Low Level Maintenance.

Some shots of our lovely class participants smiling through their exercise and balance sessions this week!





# Sponsorship 2025



By Jackson Webb 2024

We have continued our community sponsorship with the St Georges Basin Rugby League Club for 2025!

We have commenced pre season reviews of all players including injury check and prevention, training program and SCAT assessments for concussion management through the season.

We can't wait to watch the teams of our local rugby club win the 2025 comp!

[READ MORE ON OUR WEBSITE](#)



Jervis Bay Physiotherapy  
2/200 Kerry St, Sanctuary Point  
NSW 2540.