

## Malvern Timetable – Exercise Physiology Classes

Monday	Tuesday	Wednesday	Thursday	Friday
<b>12.15pm</b> EP Group Kosta		<b>1pm</b> EP Group Nathan		<b>11am</b> EP Group Kosta
<b>1.15pm</b> EP Group Kosta		<b>6pm</b> EP Group Dave		<b>12.15pm</b> EP Group Kosta

### Exercise Physiology Groups

Clients who partake in iNform's Exercise Physiology (EP) Groups are set-up with an individualized resistance training program by an Exercise Physiologist. These programs are based around evidence that an increase in muscle mass will improve blood glucose control, general fitness, weight management, and quality of life. Classes have a maximum of 6 participants at a time.