

# Hydrotherapy & Gym Programs



**CIM Employment Services offers supervised Gym / Hydrotherapy programs to help you:**

**Lose weight | Improve strength | Decrease pain**  
**Improve overall health & fitness**

All sessions are designed and supervised by qualified Allied Health Professionals

## **GYM PROGRAMS**

### **Where**

Logan Metro Sports Centre,  
357 Browns Plains Rd, Crestmead

### **What to bring**

Joggers, comfortable clothing,  
towel & a water bottle

## **HYDROTHERAPY**

### **Where**

Dee's Swim School, City Rd, Beenleigh

### **What to bring**

Swimmers, t-shirt,  
shorts (over the top), towel &  
a water bottle

**Contact your Employment Consultant or alternatively  
contact us directly on **Ph: 3089 5561****

### **BEENLEIGH**

Shop 8  
20 Main St  
Beenleigh QLD 4207  
P: (07) 3807 5559  
F: (07) 3807 4009

E: [employment@catalystim.com.au](mailto:employment@catalystim.com.au)

### **WOODRIDGE**

Multilink Community Services  
38 Blackwood Rd  
Woodridge, QLD 4114  
P: (07) 3807 5559  
F: (07) 3807 4009

E: [employment@catalystim.com.au](mailto:employment@catalystim.com.au)

### **CRESTMED**

Logan Metro Sports Complex  
357 Browns Plains Rd  
Crestmead, QLD 4132  
P: (07) 3089 5562  
F: (07) 3807 4009

E: [employment@catalystim.com.au](mailto:employment@catalystim.com.au)

