

PHYSIOTHERAPY

SINGLE

5 PACK

10 PACK

Initial Consultation - 45 minutes	\$134		
Consultation - 45 minutes	\$134		
Consultation - 30 minutes	\$87		

CLINICAL PILATES - by a Physiotherapist

(We recommend you have a review and reassessment at least once every 6 months)

Initial Assessment - 45 minutes	\$134		
Clinical Pilates Review - 30 minutes	\$77		
Clinical Private - 45 minutes	\$134	\$644	\$1,235
Clinical Class - 45 minutes	\$51.50	\$228	\$416
Clinical Duet - 45 minutes	\$67	\$325	\$630
Clinical Quickstart Pack (Initial consult + 3 Privates)	\$490		

STUDIO PILATES - by an Instructor

(We recommend you have a review and reassessment at least once every 6 months)

Initial Assessment - 45 minutes with Physiotherapist	\$87		
Studio Pilates Review - 30 minutes with Physiotherapist	\$77		
Studio Private - 60 minutes	\$91	\$425	\$810
Studio Class - 60 minutes	\$46.50	\$200	\$370
Studio Duet - 60 minutes	\$47.50	\$225	\$430
Studio Quickstart Pack (Initial consult + 3 Privates)	\$330		

RUNITY RUNNING PROGRAM

Initial Consultation - 60 minutes + Program	\$255		
Consultation - 45 minutes	\$134		
Consultation - 30 minutes	\$87		
Runity Running Pack (Initial consult + 1 Private)	\$350		

WOMENS HEALTH PILATES

Mum & Bub/Refined Bump Class - 60 minutes	\$51.50	\$228	\$416
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REFORMER/MAT PILATES

Express Reformer Class- 45 minutes	\$26		\$240
Mat Pilates Class - 60 minutes	\$22		\$170

PD WARRIOR

Initial Assessment - 60 minutes	\$134		
PD Warrior Review - 30 minutes	\$87		
PD Warrior Class - 60 minutes	\$10		
PD Warrior Private - 60 minutes	\$134		

REMEDIAL MASSAGE

30 minutes	\$60	\$285	\$550
60 minutes	\$99	\$470	\$880
90 minutes	\$145		

PLEASE NOTE

A fee of 1.5% is payable for the use of credit cards. An initial consultation is a prerequisite for attending Studio Pilates and Clinical Pilates. All prices are inclusive of GST where applicable. Classes are by appointment only and will only run if sufficient numbers are booked 36 hours prior to class. Packs are not transferable and are unable to be split between people. Packages do expire - please ask staff for details. Prices are subject to review.