



PHYSIOTHERAPY

SINGLE

5 PACK

10 PACK

Initial Consultation - 45 minutes	\$135		
Consultation - 45 minutes	\$142		
Consultation - 30 minutes	\$95		

CLINICAL PILATES - by a Physiotherapist

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

Initial Assessment - 45 minutes	\$130		
Clinical Pilates Review - 30 minutes	\$95		
Clinical Private - 45 minutes	\$142	\$685	\$1,300
Clinical Class - 45 minutes	\$55	\$240	\$450
Clinical Duet - 45 minutes	\$75	\$375	\$725
Clinical Mat Class - 45 minutes	\$30		
Clinical Quickstart Pack (Initial consult + 3 Privates)	\$500		

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	\$95		
Studio Pilates Review - 30 minutes with Physiotherapist	\$80		
Studio Private - 60 minutes	\$95	\$450	\$850
Studio Class - 60 minutes	\$50	\$210	\$380
Studio Duet - 60 minutes	\$50	\$235	\$465
Studio Quickstart Pack (Initial consult + 3 Privates)	\$350		

RUNITY RUNNING PROGRAM

Initial Consultation - 60 minutes + Program	\$255		
Consultation - 45 minutes	\$142		
Consultation - 30 minutes	\$95		
Runity Running Pack (Initial consult + 1 Private)	\$350		

WOMENS HEALTH PILATES

Mum & Bub/Refined Bump Class - 60 minutes	\$55	\$240	\$450
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FITNESS CLASSES

Express Reformer Class - 45 minutes	\$30		\$245
Mat Pilates Class - 60 minutes	\$25		\$185
Refined Barre Class - 45 minutes	\$25		\$185

PARKINSON'S PROGRAM

Initial Assessment - 60 minutes	\$135		
PD Warrior Review - 30 minutes	\$90		
PD Warrior Class - 60 minutes	\$20		
PD Warrior Private - 60 minutes	\$142		
Parkinson's Reformer - 45 minutes	\$22		

REMEDIAL MASSAGE

30 minutes	\$65	\$295	\$550
60 minutes	\$99	\$475	\$900
90 minutes	\$150		

PLEASE NOTE

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.