



PHYSIOTHERAPY

SINGLE

5 PACK

10 PACK

Initial Consultation - 45 minutes	\$137		
Consultation - 45 minutes	\$144		
Consultation - 30 minutes	\$97		

CLINICAL PILATES - BY A PHYSIOTHERAPIST

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

Initial Assessment - 45 minutes	\$133		
Clinical Pilates Review - 30 minutes	\$97		
Clinical Private - 45 minutes	\$144	\$690	\$1,320
Clinical Class - 45 minutes	\$56	\$245	\$460
Clinical Duet - 45 minutes	\$77	\$380	\$745
Clinical Reformer Class - 45 minutes	\$40		\$350
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	\$97		
Studio Pilates Review - 30 minutes with Physiotherapist	\$80		
Studio Private - 60 minutes	\$97	\$454	\$865
Studio Class - 60 minutes	\$51	\$215	\$390
Studio Duet - 60 minutes	\$60	\$250	\$485
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 Class - 60 minutes	\$56	\$245	\$460
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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		

REMEDIAL MASSAGE / MYOTHERAPY

30 minutes	\$66	\$300	\$560
60 minutes	\$100	\$480	\$910
90 minutes	\$150		