



PHYSIOTHERAPY

SINGLE

5 PACK

10 PACK

Initial Consultation - 45 minutes	\$140		
Consultation - 45 minutes	\$146		
Consultation - 30 minutes	\$99		

CLINICAL REHAB - BY A PHYSIOTHERAPIST

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

Initial Assessment - 45 minutes	\$140		
Clinical Rehab Review - 30 minutes	\$99		
Clinical Rehab Private - 45 minutes	\$146	\$705	\$1,345
Clinical Rehab Class - 45 minutes	\$57	\$250	\$480
Clinical Rehab Duet - 45 minutes	\$80	\$380	\$755
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	\$99		
Studio Pilates Review - 30 minutes with Physiotherapist	\$80		
Studio Private - 60 minutes	\$99	\$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 - BY A PHYSIOTHERAPIST

Initial Consultation - 60 minutes + Program	\$255		
Consultation - 45 minutes	\$146		
Consultation - 30 minutes	\$99		
Runity Running Pack (Initial consult + 1 Private)	\$350		

WOMENS HEALTH PILATES - BY A PHYSIOTHERAPIST

Mum & Me Class - 60 minutes	\$57	\$250	\$480
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FITNESS CLASSES - BY AN INSTRUCTOR

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

PARKINSON'S PROGRAM - BY A PHYSIOTHERAPIST

Initial Assessment - 60 minutes	\$140		
PD Warrior Review - 30 minutes	\$90		
PD Warrior Class - 60 minutes	\$20		
PD Warrior Private - 60 minutes	\$146		

REMEDIAL MASSAGE / MYOTHERAPY

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