



SINGLE 5 PACK 10 PACK

PHYSIOTHERAPY / CLINICAL REHAB & CONDITIONING CLASSES

(Review and reassessment for Clinical Rehab and conditioning classes must be booked at least once every 6 months)

Initial / Consultation / Clinical Private - 45 min	\$150	\$725	\$1,380
Consultation / Clinical Private - 30 min	\$102		
Clinical Duet - 45 min (price for each person)	\$85	\$410	\$780
Clinical Class - 45 min	\$59	\$260	\$495
Clinical Conditioning Class - 45 min	\$40		\$350
Pregnancy / Mum and Me Conditioning Class - 45 min	\$40		\$350
Clinical Quickstart Pack (Initial consult + 3 Privates)	\$510		

OSTEOPATHY

Initial Assessment / Consultation - 45 min	\$100	\$455	\$900
Consultation - 30 min	\$85		

EXERCISE PHYSIOLOGY - Inclusive GST

Initial Assessment / Session - 45 min	\$110	\$525	\$1000
Duet Session - 45 min (price for each person)	\$70	\$325	\$600
Home Visit - 45 min	\$145	\$700	\$1,350

SPECIALISED PROGRAMS

The Refined Runner Initial (60 min) + Program (30 min)	\$200	\$140	\$250
The Refined Runner Quickstart Pack (Initial + 2 private)	\$400		
The Refined Runner - 45 min follow-up assessment	\$150		
The Refined Runner Circuit	\$30		
PD Warrior for Parkinson Private - 60 min	\$150		
PD Warrior for Parkinson Review - 45 min	\$102		
Specialised Programs Initial - 60 min	\$150		
Specialised Programs Class - 60 min	\$25		\$230
<i>Specialised Programs includes: Age-ility, Better Bones, Balance and Falls Prevention and PD Warrior for Parkinson</i>			

REMEDIAL MASSAGE / MYOTHERAPY - Inclusive GST

30 minutes	\$67	\$310	\$580
60 minutes	\$105	\$490	\$930
90 minutes	\$160		

INFRARED SAUNA - Inclusive GST

60 minutes	\$40		\$350
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PILATES / FITNESS CLASSES

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STUDIO PILATES - Inclusive GST

Initial Assessment / Studio Private - 60 min	\$100	\$475	\$915
Studio Class - 60 min	\$55	\$245	\$460
Studio Duet - 60 min (price for each person)	\$72	\$335	\$550
Studio Quickstart Pack (Initial consult + 3 Privates)	\$360		

FITNESS CLASSES - Inclusive GST

Express Reformer Class - 45 minutes	\$35		\$250
Mat, Refined Barre & TRX Classes - 45 minutes	\$25		\$200
Yoga Fusion - 60 minutes	\$25		\$200
Yoga - 90 minutes	\$25		\$200