



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 Rehab Duet - 45 min (price for each person)	\$85	\$410	\$780
Clinical Rehab Class - 45 min	\$59	\$260	\$495
Clinical Conditioning Class - 45 min	\$40		\$350
Women's Health / Extended Appointment - 60 min	\$195		
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

Initial Assessment / Session - 45 min	\$110	\$525	\$1000
Duet Session - 45 min (price for each person)	\$70	\$325	\$600
Strength and Conditioning Class - 60 min	\$55	\$245	\$460

SPECIALISED PROGRAMS

The Refined Runner Quickstart Pack (Initial + 2 private)	\$400	\$140	\$250
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

Specialised Programs includes: Age-ility, Better Bones, Balance and Falls Prevention and PD Warrior for Parkinson

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 SINGLE 5 PACK 10 PACK

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 min	\$35		\$250
Mat, Refined Barre & TRX Classes - 45 minutes	\$25		\$200
Yoga - 60 minutes	\$25		\$200

MEMBERSHIPS

Totally Refined - includes Studio and Fitness Classes	\$125/week
Fitness - includes Fitness Classes	\$75/week

PLEASE NOTE: All prices are inclusive of GST at the exception of Physiotherapy and Osteopathy. An initial consultation is a prerequisite for attending Studio Pilates, Clinical Rehab and Women's Health Conditioning classes. Classes are by booking only and will only run if sufficient numbers are booked 24 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.