



**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
EP Quickstart Pack (Initial consult + 3 Privates)	\$376		

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

**MEMBERSHIPS**

Totally Refined Membership - includes Studio / Strength and Conditioning; and Fitness Classes	\$125/week		
Fitness Membership - 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.