

## 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)	\$90	\$425	\$810
Clinical Rehab Class - 45 min	\$60	\$260	\$495
Clinical Conditioning Class - 45 min	\$42	\$200	\$360
Women's Health / Extended Appointment - 60 min	\$195		
Pregnancy / Mum and Me Conditioning Class - 45 min	\$42	\$200	\$360
Clinical Quickstart Pack (Initial consult + 3 Privates)	\$520		
The Refined Runner Quickstart Pack (Initial consult + 2 Privates)	\$359		

## OSTEOPATHY

Initial Assessment / Consultation - 45 min	\$110	\$520	\$950
Consultation - 30 min	\$87		

## EXERCISE PHYSIOLOGY

Initial Assessment / Private Session - 45 min	\$113	\$535	\$1050
Private Session - 30 min	\$87	\$420	\$800
Duet Session - 45 min (price for each person)	\$70	\$325	\$600
Strength and Conditioning Class - 45 min	\$42	\$200	\$360
Power pregnancy / Strong Mums Class - 45 min	\$42	\$200	\$360
EP Quickstart Pack (Initial consult + 3 Privates)	\$376		

## SPECIALISED PROGRAMS

PD Warrior for Parkinson Initial / Private - 60 min	\$150		
PD Warrior for Parkinson Review - 45 min	\$102		
Specialised Programs Initial / Private- 60 min	\$150		
Specialised Programs Class - 60 min	\$25		\$230

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

## REMEDIAL MASSAGE / MYOTHERAPY - GST Inclusive

30 minutes	\$70	\$325	\$600
60 minutes	\$105	\$500	\$950
90 minutes	\$155	\$750	\$1400

## INFRARED SAUNA - GST Inclusive

60 minutes	\$25		\$200
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## PILATES / FITNESS CLASSES

### STUDIO PILATES - GST Inclusive

Initial Assessment / Studio Private - 60 min	\$102	\$485	\$950
Studio Class - 60 min	\$56	\$250	\$460
Studio Duet - 60 min (price for each person)	\$75	\$350	\$600
Studio Quickstart Pack (Initial consult + 3 Privates)	\$370		

### FITNESS CLASSES - GST Inclusive

Express Reformer Class - 45 min	\$35		\$280
Mat, Refined Barre & TRX Classes - 45 minutes	\$25		\$200
Yoga - 60 minutes	\$25		\$200

### MEMBERSHIPS - GST Inclusive

Totally Refined Membership - includes Studio / Strength and Conditioning; and Fitness Classes	\$125/week		
Fitness Membership - includes Fitness Classes	\$75/week		