



**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	\$485	
Clinical Rehab Review	\$80		
Clinical Rehab Duet - 45 min ( <i>price for each person</i> )	\$90	\$425	\$810
Clinical Rehab Class ( <i>including Kneehab</i> ) - 45 min	\$60	\$260	\$495
Clinical Conditioning Class - 45 min	\$42	\$200	\$360
Clinical Quickstart Pack ( <i>Initial consult + 3 Privates</i> )	\$520		
The Refined Runner Quickstart Pack ( <i>Initial consult + 2 Privates</i> )	\$359		

**WOMEN'S HEALTH**

Pre-Postnatal Reformer and S&C Class - 45 min	\$42	\$200	\$360
Pregnancy Mat Class - 45 min	\$30	\$140	\$260
Women's Health Initial / Consultation - 45 min	\$150		
Women's Health Extended Appointment - 60 min	\$195		
Pre/postnatal class clearance - 30 min	\$80		
Postnatal Return to Running - 45 min	\$150		
Pregnancy Massage - 60 min	\$105		
Postnatal Recovery Pack ( <i>Initial consult + 3 1-h massages and 10 Postnatal classes</i> )	\$640		

**EXERCISE PHYSIOLOGY**

Initial Assessment / Private Session - 45 min	\$113	\$535	\$1050
Private Session - 30 min	\$87	\$420	\$800
Duet Session - 45 min ( <i>price for each person</i> )	\$70	\$325	\$600
Strength and Conditioning clearance	\$55		
Strength and Conditioning Class - 45 min	\$42	\$200	\$360
EP Quickstart Pack ( <i>Initial consult + 3 Privates</i> )	\$376		

**SPECIALISED PROGRAMS**

Specialised Programs Initial / Private- 60 min	\$150		
PD Warrior for Parkinson Review - 45 min	\$100		
Specialised Programs Class - 60 min	\$25		\$230
<i>Specialised Programs includes: Age-ility, Better Bones, Balance and Falls Prevention and PD Warrior for Parkinsons</i>			

**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**

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**STUDIO PILATES - GST Inclusive**

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

**FITNESS CLASSES - GST Inclusive**

Reformer Classes - 45 min	\$35		\$280
Mat, Refined Barre & TRX Classes - 45 min / Yoga - 60 min	\$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

PLEASE NOTE: All prices are inclusive of GST with the exception of Physiotherapy, and Exercise Physiology. An initial consultation is a prerequisite for attending Studio Pilates, Clinical Rehab and 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.