



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 / Pilates-based Private - 45 min	\$155	\$750	\$1,420
Consultation / Pilates-based Private - 30 min	\$105	\$500	
Pilates-based Rehab Review	\$82		
Pilates-based Rehab Duet - 45 min (<i>price for each person</i>)	\$93	\$440	\$835
Pilates-based Rehab Class (<i>including Kneehab</i>) - 45 min	\$62	\$270	\$510
Clinical Conditioning Class - 45 min	\$43	\$205	\$370
Clinical Quickstart Pack (<i>Initial consult + 3 Privates</i>)	\$520		
The Refined Runner Quickstart Pack (<i>Initial consult + 2 Privates</i>)	\$360		

WOMEN'S HEALTH

Pre-Postnatal Reformer and S&C Class - 45 min	\$43	\$205	\$370
Pregnancy Mat Class - 45 min	\$30	\$140	\$260
Women's Health Initial / Consultation - 45 min	\$155		
Women's Health Extended Appointment - 60 min	\$195		
Pre - Postnatal class clearance - 30 min	\$82		
Postnatal Return to Running - 45 min	\$155		
Pregnancy Massage - 60 min	\$110	\$515	\$980
Postnatal Recovery Pack (<i>Initial consult + 3 1-h massages and 10 Postnatal classes</i>)	\$640		

EXERCISE PHYSIOLOGY

Initial Assessment / Private Session - 45 min	\$115	\$550	\$1,080
Private Session - 30 min	\$88	\$420	\$800
Duet Session - 45 min (<i>price for each person</i>)	\$72	\$335	\$620
Strength and Conditioning clearance	\$55		
Strength and Conditioning Class - 45 min	\$43	\$205	\$370
EP Quickstart Pack (<i>Initial consult + 3 Privates</i>)	\$376		

SPECIALISED PROGRAMS

Specialised Programs Initial / Private- 60 min	\$195		
PD Warrior for Parkinson Review - 45 min	\$155		
Specialised Programs Class - 60 min	\$25		\$230
<i>Specialised Programs includes: Better Bones/Age-ility, Balance and Falls Prevention and PD Warrior for Parkinsons</i>			

REMEDIAL MASSAGE / MYOTHERAPY - GST Inclusive

30 minutes	\$72	\$335	\$620
60 minutes	\$110	\$515	\$980
90 minutes	\$160	\$770	\$1,500

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	\$105	\$500	\$960
Studio Class - 60 min	\$56	\$250	\$475
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	\$36		\$290
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