



SINGLE 5 PACK 10 PACK

PHYSIOTHERAPY / CLINICAL REHAB & CONDITIONING CLASSES

(Review for Clinical Rehab and Conditioning classes must be booked at least once every 12 months, 6 months for HCF members)

| | | | |
|---|-------|-------|---------|
| Initial / Consultation / Pilates-based Rehab Private - 45 min | \$160 | \$790 | \$1,490 |
| Consultation / Pilates-based Rehab Private - 30 min | \$110 | \$525 | \$1,000 |
| Pilates-based Rehab Review | \$85 | | |
| Pilates-based Rehab Duet - 45 min (price for each person) | \$98 | \$460 | \$875 |
| Pilates-based Rehab Class (including Kneehab) - 45 min | \$65 | \$285 | \$535 |
| Clinical Reformer Class - 45 min | \$45 | \$215 | \$390 |
| Clinical Quickstart Pack (Initial consult + 3 Privates) | \$545 | | |

WOMEN'S HEALTH / MEN'S HEALTH

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|---|-------|-------|-------|
| Pre-Postnatal Reformer, Mat and S&C Classes - 45 min | \$45 | \$215 | \$390 |
| Pre-Postnatal physiotherapy Class Initial - 60 min | \$160 | | |
| Pre-Postnatal Exercise Class Pack (1 x Physio Class Initial & 1 x EP 1:1 session + 5 x Pre-Postnatal classes) | \$305 | | |
| Women's Health / Men's Health Initial Consultation - 60 min | \$230 | | |
| Women's Health / Men's Health subsequent Appointment- 45 min | \$170 | | |
| Pelvic Floor / Continence Initial Consultation - 60 min | \$230 | | |
| Mastitis Treatment Initial - 45 min | \$170 | | |
| Mastitis Treatment Follow-Up - 30 min | \$120 | | |
| Postnatal Return to Running - 45 min | \$170 | | |
| Pregnancy Massage - 60 min | \$115 | | |
| New Mum pamper package / Pregnancy Pamper package (Physio Class Initial & EP Initial consult + 2x1-h massages + 10 Pre-Postnatal classes) | \$640 | | |

EXERCISE PHYSIOLOGY

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|---|-------|-------|---------|
| Initial Assessment / Private Session - 45 min | \$120 | \$578 | \$1,135 |
| Private Session - 60 min | \$155 | | \$1,400 |
| Private Session - 30 min | \$92 | \$440 | \$840 |
| Duet Session - 45 min (price for each person) | \$75 | \$350 | \$650 |
| Strength and Conditioning Assessment | \$58 | | |
| Strength and Conditioning Class - 45 min | \$45 | \$215 | \$390 |
| Clinical Strength Class - 45 min | \$65 | \$285 | \$535 |
| EP Quickstart Pack (Initial consult + 3 Privates) | \$395 | | |

SPECIALISED PROGRAMS

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

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|---|-------|--|-------|
| Specialised Programs Initial / Private - 60 min | \$205 | | |
| PD Warrior for Parkinson's Review - 45 min | \$160 | | |
| Specialised Programs Class - 60 min | \$26 | | \$240 |

REMEDIAL MASSAGE / MYOTHERAPY - GST Inclusive

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|-------------|-------|-------|---------|
| 30 minutes | \$75 | \$350 | \$650 |
| 60 minutes | \$115 | \$550 | \$1,030 |
| 90 minutes | \$168 | \$810 | \$1,575 |
| 120 minutes | \$220 | | |

INFRARED SAUNA - GST Inclusive

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|------------|------|--|-------|
| 60 minutes | \$25 | | \$200 |
|------------|------|--|-------|

PILATES / FITNESS CLASSES

SINGLE 5 PACK 10 PACK

STUDIO PILATES - GST Inclusive

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|---|-------|-------|---------|
| Initial Assessment / Studio Private - 60 min | \$110 | \$525 | \$1,010 |
| Studio Class - 60 min | \$58 | \$262 | \$500 |
| Studio Duet - 60 min (price for each person) | \$80 | \$368 | \$630 |
| Studio Quickstart Pack (Initial consult + 3 Privates) | \$380 | | |

FITNESS CLASSES - GST Inclusive

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|---|------|-------|-------|
| Express Reformer Class - 45 min | \$38 | | \$305 |
| Mat, Refined Barre & TRX Classes - 45 min | \$25 | \$105 | \$200 |

MEMBERSHIPS - GST Inclusive

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|---|--|--|------------|
| Totally Refined - includes Studio / Strength and Conditioning, Fitness Classes, and TBRO | | | \$135/week |
| Fitness - includes Fitness Classes, and TBRO | | | \$80/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.