

DURATION 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	\$165	\$795	\$1,510
Consultation / Pilates-based Rehab Private	30 min	\$115	\$545	\$1,030
Pilates-based Rehab Review	30 min	\$90		
Pilates-based Rehab Duet (price for each person)	45 min	\$100	\$475	\$900
Pilates-based Rehab Class	45 min	\$67	\$300	\$560
Kneehab Class	60 min	\$67	\$300	\$560
Clinical Reformer Class	45 min	\$47	\$215	\$400
Clinical Quickstart Pack (<i>Initial consult + 3 Privates</i>)		\$575		

WOMEN'S HEALTH / MEN'S HEALTH

Pre/Postnatal Reformer, Mat and S&C Classes	45 min	\$47	\$215	\$400
Pre/Postnatal physiotherapy Class Initial	60 min	\$165		
Pre/Postnatal Exercise Class Pack (<i>1 x Physio Class Initial & 1 x EP 1:1 session + 5 x Pre/Postnatal classes</i>)		\$315		
Women's Health / Men's Health Initial Consultation	60 min	\$235		
Women's Health / Men's Health subsequent Appointment	45 min	\$180		
Pelvic Floor / Continence Initial Consultation	60 min	\$235		
Mastitis Treatment Initial / Pessary Fitting	45 min	\$180		
Mastitis Treatment / Pessary Follow-Up	30 min	\$135		
Postnatal Return to Running	45 min	\$180		
Pregnancy Massage	60 min	\$120		
New Mum Pamper Pack / Pregnancy Pamper Pack (<i>Physio Class Initial & EP 1:1 session + 2 x 1hr massages + 10 Pre/Postnatal classes</i>)		\$670		

EXERCISE PHYSIOLOGY

Initial Assessment / Private Session	45 min	\$125	\$595	\$1,150
Private Session	60 min	\$160	\$750	\$1,440
Private Session	30 min	\$95	\$450	\$860
Duet Session (<i>price for each person</i>)	45 min	\$80	\$370	\$685
Strength & Conditioning Clearance Assessment	30 min	\$60		
Strength & Conditioning Class	45 min	\$47	\$215	\$400
Clinical Strength Class	45 min	\$67	\$300	\$560
EP Quickstart Pack (<i>Initial consult + 3 Privates</i>)		\$410		

SPECIALISED PROGRAMS

Specialised Programs include: Better Bones, Balance and Falls Prevention and PD Warrior for Parkinsons

PD Warrior Initial / Private	60 min	\$210		
PD Warrior for Parkinson's Review	45 min	\$165		
Better Bones Initial / Private	45 min	\$125		
Specialised Program Class	60 min	\$27		\$240

REMEDIAL MASSAGE / MYOTHERAPY - GST Inclusive

30 minutes	30 min	\$75	\$355	\$670
45 minutes (<i>only for Myotherapy</i>)	45 min	\$95		
60 minutes	60 min	\$120	\$580	\$1,080
90 minutes	90 min	\$175	\$830	\$1,595

INFRARED SAUNA - GST Inclusive

60 minutes	60 min	\$25		\$210
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PILATES / FITNESS CLASSES
DURATION SINGLE 5 PACK 10 PACK
STUDIO PILATES - GST Inclusive

Initial Assessment / Studio Private	60 min	\$115	\$545	\$1,055
Studio Class	60 min	\$60	\$270	\$520
Studio Duet (price for each person)	60 min	\$80	\$375	\$665
Studio Quickstart Pack (Initial consult + 3 Privates)		\$390		

FITNESS CLASSES - GST Inclusive

Reformer Class	45 min	\$39		\$315
Mat, Refined Barre & TRX Classes	45 min	\$25	\$110	\$210

MEMBERSHIPS - GST Inclusive

Totally Refined - includes Studio / Strength & Conditioning, Fitness Classes, and TBRO				\$140/week
Fitness - includes Fitness Classes, and TBRO				\$85/week