

DURATION SINGLE 5 PACK 10 PACK

PHYSIOTHERAPY / CLINICAL REHAB & CONDITIONING CLASSES

Review for Clinical Rehab and Conditioning classes must be booked	d at least once every 12	2 months (6 mo	onths 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 (Initial consult + 3 Privates)	45 .	\$575		
Moon Boot Package (Fitting appointment + Moon Boot)	15 min	\$100		
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		\$315		
(1 x Women's Health Physio Initial + 5 x Pre/Postnatal classes)	00 i	*••••		
Women's Health / Men's Health Initial Consultation	60 min	\$235		
Women's Health / Men's Health subsequent Appointment	45 min	\$180 \$225		
Pelvic Flooor / Continence Initial Consultation	60 min 45 min	\$235 \$180		
Mastitis Treatment Initial / Pessary Fitting	30 min	\$180 \$135		
Mastitis Treatment / Pessary Follow-Up	45 min	\$135		
Postnatal Return to Running Pregnancy Massage	60 min	\$120		
New Mum Pamper Pack / Pregnancy Pamper Pack	00 11111	\$670		
(1x Women's Health Physio Initial $+ 2x$ 1hr massages $+ 10$ Pre/Postnata	al classes)	<i>Q</i> OTO		
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 #90	\$450	\$860 ¢605
Duet Session (price for each person)	45 min 30 min	\$80 \$60	\$370	\$685
Strength & Conditioning Clearance Assessment Strength & Conditioning Class	45 min	\$60 \$47	\$215	\$400
Clinical Strength Class	45 min	\$47 \$67	\$300	\$400 \$560
EP Quickstart Pack (Initial consult + 3 Privates)		\$410	φοσο	φ000
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SPECIALISED PROGRAMS		Deutieren		
Specialised Programs include: Better Bones, Balance and Falls Prever				
PD Warrior Initial / Private	60 min	\$210		
PD Warrior for Parkinson's Review	45 min	\$165		
Better Bones Initial / Private	45 min	\$125 \$27		ф <u>о</u> 40
Specialised Program Class	60 min	\$27		\$240
REMEDIAL MASSAGE / MYOTHERAPY - GST Incl				
Our Massage Therapists are providing Pregnancy Massage from 12 v	veeks of pregnancy			
30 minutes	30 min	\$75	\$355	\$670
45 minutes (only available online for Myotherapy)	45 min	\$95		4
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
	DURATION		E DACK	
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				20 PACK
Daily Reformer Class	45 min	\$36		\$300 \$520
Mat-based Class	45 min	\$25	\$110	\$210
INTERIM MEMBERSHIPS - GST Inclusive				
Refined Plus - includes Studio, Strength & Conditioning, Fitness	Classes, TRRO & IR Sa	auna		\$200/week
Refined Fitness - includes Studio, Stiength & Conditioning, Fitness Classes, FBRO & In Sauna Refined Fitness - includes Fitness Classes, TBRO, & IR Sauna			\$200/week	

Refined Fitness - includes Fitness Classes, TBRO & IR Sauna

\$200/week \$120/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. Packs do expire - please ask staff for details. Prices are subject to review. Appointments include time for clinical notes to ensure accurate client records.