

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	\$172	\$830	\$1,575
Extended Initial / Extended Consultation	60 min	\$215		
Consultation / Pilates-based Rehab Private or Review	30 min	\$118	\$560	\$1,060
Pilates-based Rehab Duet (price for each person)	45 min	\$102	\$485	\$920
Pilates-based Rehab Class	45 min	\$68	\$310	\$585
Kneehab Class	60 min	\$68	\$310	\$585
Clinical Reformer Class	45 min	\$45	\$205	\$380
Clinical Quickstart Pack (<i>Initial consult + 3 Privates</i>)		\$585		
Moon Boot Fitting appointment + Moon Boot / Strapping	15 min	\$36		

WOMEN'S HEALTH / MEN'S HEALTH

Women's Health / Men's Health Initial Consultation	60 min	\$215		
Women's Health / Men's Health subsequent Appointment	45 min	\$172		
Women's Health / Men's Health subsequent Appointment	30 min	\$118		
Pelvic Floor / Continence Initial Consultation	60 min	\$215		
Pregnancy Massage (<i>from 12 weeks of pregnancy</i>)	60 min	\$120	\$575	\$1,070

EXERCISE PHYSIOLOGY

Initial Assessment	60 min	\$155		
Private Session	30 min	\$97	\$460	\$880
Private Session	45 min	\$127	\$605	\$1,165
Private Session	60 min	\$163	\$765	\$1,470
Duet Session (<i>price for each person</i>)	45 min	\$82	\$380	\$705
Strength & Conditioning Clearance Assessment	30 min	\$85		
Strength & Conditioning Class	45 min	\$45	\$205	\$380
EP Functional Performance Class	45 min	\$68	\$310	\$585
EP Quickstart Pack (<i>Initial consult + 3 Privates</i>)		\$430		

SPECIALISED PROGRAMS

Specialised Programs include: Better Bones, Better Movement and Balance and Strength and PD Warrior Circuit for Parkinsons

PD Warrior Initial / Private	60 min	\$215		
PD Warrior for Parkinson's Review	45 min	\$172		
Specialised Classes Initial	45 min	\$127		
Specialised Program Class	60 min	\$27		\$245

MYOTHERAPY SERVICES - GST Inclusive

Myo Appointment / Remedial Massage with Myotherapist 30 min	30 min	\$83	\$390	\$740
Myo Appointment / Remedial Massage with Myotherapist 45 min	45 min	\$110	\$525	\$1,000
Myo Appointment / Remedial Massage with Myotherapist 60 min	60 min	\$135	\$650	\$1,200
Myo Appointment / Remedial Massage with Myotherapist 90 min	90 min	\$190	\$910	\$1,750

REMEDIAL MASSAGE / MYOTHERAPY - GST Inclusive

Our Massage Therapists provide Pregnancy Massage after 12 weeks of pregnancy

30 minutes	30 min	\$75	\$355	\$670
60 minutes	60 min	\$120	\$575	\$1,070
90 minutes	90 min	\$175	\$830	\$1,580
120 minutes	120 min	\$230		

INFRARED SAUNA - GST Inclusive

60 minutes	60 min	\$26		\$215
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PILATES / FITNESS CLASSES
DURATION SINGLE 5 PACK 10 PACK
STUDIO PILATES - GST Inclusive

Initial Assessment	60 min	\$110		
Studio Private	60 min	\$116	\$550	\$1,065
Studio Class	60 min	\$60	\$275	\$525
Studio Duet (price for each person)	60 min	\$82	\$390	\$700
Studio Quickstart Pack (Initial consult + 3 Privates)		\$375		

FITNESS CLASSES - GST Inclusive

Reformer Class	45 min	\$35		\$290
Mat-based Class	45 min	\$24	\$110	\$200

INTERIM MEMBERSHIPS - GST Inclusive

Refined Plus - includes Studio, Strength & Conditioning, Fitness Classes, TBRO & IR Sauna	\$200 / week
Reformer Memberships - includes Reformer & Fitness Classes	From \$50 to \$105 / 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.