



DURATION SINGLE 5 PACK 10 PACK

PHYSIOTHERAPY / PILATES-BASED REHAB CLASSES

To claim Pilates-based Rehab classes on private health, regular 1-on-1 Reviews are essential

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	45 min	\$68	\$310	\$585
Balance & Strength Class*	60 min	\$50	\$235	\$450
Clinical Quickstart Pack (Initial consult + 3 Privates)		\$585		
Moon Boot Fitting appointment + Moon Boot / Strapping	15 min	\$36		

EXERCISE PHYSIOLOGY

Initial Assessment	45 min	\$127		
Extended Initial Assessment (Women's Health & Complex cases)	60 min	\$163		
Private Session - 30 minutes	30 min	\$97	\$460	\$880
Private Session - 45 minutes	45 min	\$127	\$605	\$1,165
Duet Session (price for each person)	45 min	\$82	\$380	\$705
Strength & Conditioning Class (Circuit with max. of 6 per class)	45 min	\$37	\$175	\$330
EP Functional Performance Class (Tailored with max. of 4 per class)	45 min	\$68	\$310	\$585
EP Quickstart Pack (Initial consult + 3 Privates)		\$430		

SPECIALISED PROGRAMS

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

PD Warrior Initial / Private (with a Physio)	60 min	\$215		
PD Warrior for Parkinson's Review (with a Physio)	45 min	\$172		
Specialised Classes Initial (with an EP)	45 min	\$127		
Specialised Program Class (with an EP)	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 - 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		
Pregnancy Massage (from 12 weeks of pregnancy)	60 min	\$120	\$575	\$1,070

INFRARED SAUNA - GST Inclusive

60 minutes	60 min	\$26		\$215
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PILATES / FITNESS CLASSES

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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

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.

*Planned incremental price correction underway (ask for details)