

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 Assessment	45 min	\$180		
Consultation / Pilates-based Rehab Private	45 min	\$180	\$870	\$1,650
Extended Initial / Extended Consultation	60 min	\$225		
Consultation / Pilates-based Rehab Private	30 min	\$126	\$595	\$1,120
Pilates-based Rehab Review	30 min	\$100		
Pilates-based Rehab Duet (price for each person)	45 min	\$107	\$510	\$960
Pilates-based Rehab Class & Kneehab Class	45 min	\$71	\$325	\$610
Balance & Strength Class*	60 min	\$50	\$235	\$450
Clinical Quickstart Pack (Initial consult + 3 Privates)		\$610		
Moon Boot Fitting appointment + cost Moon Boot / Strapping	15 min	\$38		

EXERCISE PHYSIOLOGY

Initial Assessment / Private session	45 min	\$133	\$625	\$1,190
Extended Initial Assessment (Women's Health & Complex cases)	60 min	\$170		
Private Session - 30 minutes	30 min	\$100	\$480	\$910
Duet Session (price for each person)	45 min	\$86	\$400	\$740
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	\$60	\$285	\$545
Pre/Postnatal Class	45 min	\$45	\$205	\$380
EP Quickstart Pack (Initial consult + 3 Privates)		\$460		

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	\$225		
PD Warrior for Parkinson's Review (with a Physio)	45 min	\$180		
Specialised Classes Initial (with an EP)	45 min	\$133		
Specialised Program Class (with an EP)	60 min	\$28		\$255

MYOTHERAPY SERVICES - GST Inclusive

Weekend rates in *Blue* (on the right). Our Myotherapists provide Pregnancy Massage (60 min only).

Myo Appointment / Remedial Massage with Myotherapist 30 min	30 min	\$87 \$96	\$405 \$450	\$770 \$850
Myo Appointment / Remedial Massage with Myotherapist 60 min	60 min	\$140 \$154	\$670 \$740	\$1,240 \$1,370
Myo Appointment / Remedial Massage with Myotherapist 90 min	90 min	\$200 \$220	\$950 \$1,050	\$1,820 \$2,010

REMEDIAL MASSAGE - GST Inclusive

Weekend rates in *Blue* (on the right). Our Massage Therapists provide Pregnancy Massage (60 min only) after 12 weeks of pregnancy.

30 minutes	30 min	\$78 \$84	\$366 \$400	\$695 \$750
60 minutes	60 min	\$123 \$133	\$595 \$640	\$1,110 \$1,200
90 minutes	90 min	\$180 \$194	\$860 \$930	\$1,630 \$1,760
120 minutes	120 min	\$240 \$260		

INFRARED SAUNA - GST Inclusive

60 minutes	60 min	\$27		\$220
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PILATES / FITNESS CLASSES

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STUDIO PILATES - GST Inclusive

Initial Assessment / Private session	60 min	\$120	\$575	\$1,110
Studio Class	60 min	\$63	\$290	\$550
Studio Duet (price for each person)	60 min	\$86	\$410	\$750
Studio Quickstart Pack (Initial consult + 3 Privates)		\$390		

FITNESS CLASSES - GST Inclusive

Reformer Class	45 min	\$33		\$260
Mat-based Class	45 min	\$25	\$115	\$205