

DURATION SINGLE 5 PACK 10 PACK

	DUNATION	SINGLE	5 PACK	10 PACK
PHYSIOTHERAPY / PILATES-BASED REHAB CLAS	SSES			
To claim Pilates-based Rehab classes on private health, regular 1-on-1 F		,		
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	4540	4000
Pilates-based Rehab Duet (price for each person) Pilates-based Rehab Class & Kneehab Class	45 min 45 min	\$107 \$71	\$510 \$325	\$960 \$610
Balance & Strength Class*	60 min	\$50	\$235	\$450
Clinical Quickstart Pack (Initial consult + 3 Privates)	00 111111	\$610	Ψ200	Ψ100
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 Assessement (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) EP Functional Performance Class (Tailored with max. of 4 per class)	45 min 45 min	\$37 \$60	\$175 \$285	\$330 \$545
Pre/Postnatal Class	45 min	\$45	\$205 \$205	\$380
EP Quickstart Pack (Initial consult + 3 Privates)	40 111111	\$460	Ψ200	φοσο
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SPECIALISED PROGRAMS				
Specialised Programs including: Better Bones, Better Movement, Balance	ce & Strength and Pl	D Warrior Circui	it 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 Pregna	ancy Massage (60 m.	in only).		
	ancy Massage (60 m. 30 min	in only). \$87 \$96	\$405 \$450	\$770 \$850
Weekend rates in Blue (on the right). Our Myotherapists provide Pregna Myo Appointment / Remedial Massage with Myotherapist 30 min Myo Appointment / Remedial Massage with Myotherapist 60 min	30 min 60 min	\$87 \$96 \$140 \$154	\$670 \$740	\$1,240 \$1,370
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