



## 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	\$67	\$320	\$610
Physio Stretch Roll Realease Class	45 min	\$50	\$235	\$450
Clinical Quickstart Pack (Initial consult + 3 Privates)		\$610		
Moon Boot Fitting appointment (cost of Boot/Strapping additional)	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

PD Warrior Quickstart Pack (Initial with a Physio + 2 Privates with an EP)	45 min	\$460		
PD Warrior Private / Review (with an EP)	60 min	\$133		
PD Warrior Class (with an EP)		\$37		\$320
ONERO® Initial (with a Physio or an EP)	45 min	\$180 (\$133 until 6 Feb)		
ONERO® Private / Review (with a Physio or an EP)	30 min	\$126		
ONERO® Class (with a Physio or an EP)	45 min	\$37		\$320

### 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	<a href="#">N/A</a>	\$405	<a href="#">N/A</a>	\$770	<a href="#">N/A</a>
Myo Appointment / Remedial Massage with Myotherapist 60 min	60 min	\$140	<a href="#">N/A</a>	\$670	<a href="#">N/A</a>	\$1,240	<a href="#">N/A</a>
Myo Appointment / Remedial Massage with Myotherapist 90 min	90 min	\$200	<a href="#">N/A</a>	\$950	<a href="#">N/A</a>	\$1,820	<a href="#">N/A</a>

### 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	<a href="#">\$84</a>	\$366	<a href="#">\$400</a>	\$695	<a href="#">\$750</a>
60 minutes	60 min	\$123	<a href="#">\$133</a>	\$595	<a href="#">\$640</a>	\$1,110	<a href="#">\$1,200</a>
90 minutes	90 min	\$180	<a href="#">\$194</a>	\$860	<a href="#">\$930</a>	\$1,630	<a href="#">\$1,760</a>
120 minutes	120 min	\$240	<a href="#">\$260</a>				

### 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	\$35		\$270
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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)