



## 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 Physio + 2 Privates with EP) |        | \$460 |  |       |
| PD Warrior Private (with an EP)                                       | 45 min | \$133 |  |       |
| PD Warrior Class (with an EP)   | 60 min | \$37  |  | \$320 |
| ONERO® Initial (with a Physio or an EP)                               | 45 min | \$180 |  |       |
| ONERO® Private (with a Physio or an EP)                               | 30 min | \$126 |  | \$320 |
| ONERO® Class (with a Physio or an EP)                                 | 45 min | \$37  |  | \$300 |
| Age-ility Class (with an EP)  | 45 min | \$34  |  |       |

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

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

### INFRARED SAUNA - GST Inclusive

|            |        |      |  |       |
|------------|--------|------|--|-------|
| 60 minutes | 60 min | \$27 |  | \$220 |
|------------|--------|------|--|-------|

### PILATES / FITNESS CLASSES

### DURATION SINGLE 5 PACK 10 PACK

#### 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 |
|----------------|--------|------|--|-------|

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)