



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 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	\$89	\$420	\$780
Physio Stretch Roll Release 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		
ONERO® Class (with a Physio or an EP)	45 min	\$37		\$320
Age-ility Class (with an EP)	45 min	\$34		\$300

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
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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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