



## 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 |       |         |
| Extended INITIAL Assessment / Extended Appointment                | 60 min | \$225 |       |         |
| Appointment / Pilates-based Rehab Private (30 min)                | 30 min | \$126 | \$595 | \$1,120 |
| Appointment / Pilates-based Rehab Private (45 min)                | 45 min | \$180 | \$870 | \$1,650 |
| 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   |
| Clinical Quickstart Pack (INITIAL + 3 Privates)                   |        | \$610 |       |         |
| Moon Boot Fitting Appointment (cost of Boot/Strapping additional) | 15 min | \$38  |       |         |

### EXERCISE PHYSIOLOGY

|                                                                     |        |       |       |         |
|---------------------------------------------------------------------|--------|-------|-------|---------|
| INITIAL Assessment / Private session (45 min)                       | 45 min | \$133 | \$625 | \$1,190 |
| Extended INITIAL Assessment (Women's Health & Complex cases)        | 60 min | \$170 |       |         |
| Private Session (30 min)                                            | 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 + 3 Privates)                           |        | \$460 |       |         |

### SPECIALISED PROGRAMS

|                                                                  |        |       |  |       |
|------------------------------------------------------------------|--------|-------|--|-------|
| PD Warrior Intro 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® Intro Pack (INITIAL + 2 Privates with EP)                 |        | \$420 |  |       |
| 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   <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 |
|------------|--------|------|--|-------|

## PILATES / FITNESS CLASSES

## DURATION SINGLE 5-PACK 10-PACK

### STUDIO PILATES - GST Inclusive

|                                               |        |       |       |         |
|-----------------------------------------------|--------|-------|-------|---------|
| Initial Assessment                            | 60 min | \$120 |       |         |
| Private Session                               | 60 min | \$185 | \$870 | \$1,650 |
| Studio Class                                  | 60 min | \$63  | \$290 | \$550   |
| Studio Duet (price for each person)           | 60 min | \$105 | \$500 | \$940   |
| Studio Quickstart Pack (INITIAL + 3 Privates) |        | \$550 |       |         |

### REFORMER CLASSES - GST Inclusive

|                |        |      |  |       |
|----------------|--------|------|--|-------|
| Reformer Class | 45 min | \$35 |  | \$270 |
|----------------|--------|------|--|-------|