\$120/week



DURATION SINGLE 5 PACK 10 PACK

PHYSIOTHERAPY / CLINICAL REHAB & CONDITIONING CLASSES

Review for Clinical Rehab and Conditioning classes must be booked at least once every 12 months (6 months for HCF members)

Refined Plus - includes Studio, Strength & Conditioning, Fitness Classes, TBRO & IR Sauna Refined Fitness - includes Fitness Classes, TBRO, & IR Sauna				\$200/week \$120/week
INTERIM MEMBERSHIPS - GST Inclusive				
Daily Reformer Class Mat-based Class	45 min 45 min	\$36 \$25	\$110	\$300 \$520 \$210
FITNESS CLASSES - GST Inclusive		<i>t</i> ~ ~		20 PACK
Studio Quickstart Pack (Initial consult + 3 Privates)		\$390		
Studio Duet (price for each person)	60 min	\$80	\$375	\$665
Initial Assessment / Studio Private Studio Class	60 min 60 min	\$115 \$60	\$545 \$270	\$1,055 \$520
STUDIO PILATES - GST Inclusive	60	<u> ሰ11</u>	ሰር 4 ር	
PILATES / FITNESS CLASSES	DURATION	SINGLE	J PACK	10 PACK
INFRARED SAUNA - GST Inclusive 60 minutes	60 min	\$25		\$210
90 minutes	90 min	\$175	\$830	\$1,595
45 minutes (<i>available for Massage on Friday and Saturday only</i>) 60 minutes	45 min 60 min	\$95 \$120	\$580	\$1,080
30 minutes	30 min	\$75 \$05	\$355	\$670
Our Massage Therapists are providing Pregnancy Massage from 12 w	eeks of pregnancy			
REMEDIAL MASSAGE / MYOTHERAPY - GST Inclu	usive			
Specialised Program Class	60 min	\$27		\$240
Better Bones Initial / Private	45 min	\$125		\$0.40
PD Warrior for Parkinson's Review	45 min	\$210 \$165		
PD Warrior Initial / Private	60 min	\$210		
SPECIALISED PROGRAMS Specialised Programs include: Better Bones, Balance and Falls Preven	tion and PD Warrior fo	r Parkinsons		
EP Quickstart Pack (Initial consult + 3 Privates)		\$410	ψυυυ	<i>ψ</i> υυυ
Strength & Conditioning Class Clinical Strength Class	45 min 45 min	\$47 \$67	\$215 \$300	\$400 \$560
Strength & Conditioning Clearance Assessment	30 min 45 min	\$60 \$47	\$215	\$400
Duet Session (price for each person)	45 min	\$80	\$370	\$685
Private Session	30 min	\$95	\$450	\$860
Private Session	60 min	\$160	\$750	\$1,440
Initial Assessment / Private Session	45 min	\$125	\$595	\$1,150
EXERCISE PHYSIOLOGY				
Pregnancy Massage (from 12 weeks of pregnancy)	60 min	\$120		
Postnatal Return to Running	45 min	\$180 \$120		
Mastitis Treatment / Subsequent Appointment	30 min	\$115		
Mastitis Treatment Initial	45 min	\$180		
Women's Health / Men's Health subsequent Appointment Pelvic Flooor / Continence Initial Consultation	45 min 60 min	\$165 \$235		
Women's Health / Men's Health Initial Consultation	60 min	\$210 \$165		
Pre/Postnatal physiotherapy Class Initial	60 min	\$165		
Pre/Postnatal Reformer, Mat and S&C Classes	45 min	\$47	\$215	\$400
WOMEN'S HEALTH / MEN'S HEALTH			<i>4</i>	
		ΦΙΟΟ		
Clinical Quickstart Pack <i>(Initial consult + 3 Privates)</i> Moon Boot Package <i>(Fitting appointment + Moon Boot)</i>	15 min	\$575 \$100		
Clinical Reformer Class	45 min	\$47 \$575	\$215	\$400
Kneehab Class	60 min	\$67	\$300	\$560
Pilates-based Rehab Class	45 min	\$67	\$300	\$560
Pilates-based Rehab Duet (price for each person)	45 min	\$115 \$100	\$040 \$475	\$900
Extented Initial / Extended Consultation Consultation / Pilates-based Rehab Private or Review	60 min 30 min	\$210 \$115	\$545	\$1,030
Initial / Consultation / Pilates-based Rehab Private	45 min	\$165 \$210	\$795	\$1,510
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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.

Refined Fitness - includes Fitness Classes, TBRO & IR Sauna