

**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)

Initial / Consultation / Pilates-based Rehab Private	45 min	\$172	\$830	\$1,575
Extended Initial / Extended Consultation	60 min	\$215		
Consultation / Pilates-based Rehab Private or Review	30 min	\$118	\$560	\$1,060
Pilates-based Rehab Duet (price for each person)	45 min	\$102	\$485	\$920
Pilates-based Rehab Class	45 min	\$68	\$310	\$585
Kneehab Class	45 min	\$68	\$310	\$585
Clinical Reformer Class	45 min	\$45	\$205	\$380
Clinical Quickstart Pack ( <i>Initial consult + 3 Privates</i> )		\$585		
Moon Boot Fitting appointment + Moon Boot / Strapping	15 min	\$36		

**WOMEN'S HEALTH / MEN'S HEALTH**

Women's Health / Men's Health Initial Consultation	60 min	\$215		
Women's Health / Men's Health subsequent Appointment	45 min	\$172		
Women's Health / Men's Health subsequent Appointment	30 min	\$118		
Pelvic Floor / Continence Initial Consultation	60 min	\$215		
Pregnancy Massage ( <i>from 12 weeks of pregnancy</i> )	60 min	\$120	\$575	\$1,070

**EXERCISE PHYSIOLOGY**

Initial Assessment	60 min	\$155		
Private Session	30 min	\$97	\$460	\$880
Private Session	45 min	\$127	\$605	\$1,165
Private Session	60 min	\$163	\$765	\$1,470
Duet Session ( <i>price for each person</i> )	45 min	\$82	\$380	\$705
Strength & Conditioning Clearance Assessment	30 min	\$85		
Strength & Conditioning Class	45 min	\$45	\$205	\$380
EP Functional Performance Class	45 min	\$68	\$310	\$585
EP Quickstart Pack ( <i>Initial consult + 3 Privates</i> )		\$430		

**SPECIALISED PROGRAMS**

 Specialised Programs include: *Better Bones, Better Movement and Balance and Strength and PD Warrior Circuit for Parkinsons*

PD Warrior Initial / Private	60 min	\$215		
PD Warrior for Parkinson's Review	45 min	\$172		
Specialised Classes Initial	45 min	\$127		
Specialised Program Class	60 min	\$27		\$245

**MYOTHERAPY SERVICES - GST Inclusive**

Myo Appointment / Remedial Massage with Myotherapist 30 min	30 min	\$83	\$390	\$740
Myo Appointment / Remedial Massage with Myotherapist 45 min	45 min	\$110	\$525	\$1,000
Myo Appointment / Remedial Massage with Myotherapist 60 min	60 min	\$135	\$650	\$1,200
Myo Appointment / Remedial Massage with Myotherapist 90 min	90 min	\$190	\$910	\$1,750

**REMEDIAL MASSAGE / MYOTHERAPY - GST Inclusive**

 Our Massage Therapists provide *Pregnancy Massage after 12 weeks of pregnancy*

30 minutes	30 min	\$75	\$355	\$670
60 minutes	60 min	\$120	\$575	\$1,070
90 minutes	90 min	\$175	\$830	\$1,580
120 minutes	120 min	\$230		

**INFRARED SAUNA - GST Inclusive**

60 minutes	60 min	\$26		\$215
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**PILATES / FITNESS CLASSES**
**DURATION SINGLE 5 PACK 10 PACK**
**STUDIO PILATES - GST Inclusive**

Initial Assessment	60 min	\$110		
Studio Private	60 min	\$116	\$550	\$1,065
Studio Class	60 min	\$60	\$275	\$525
Studio Duet (price for each person)	60 min	\$82	\$390	\$700
Studio Quickstart Pack (Initial consult + 3 Privates)		\$375		

**FITNESS CLASSES - GST Inclusive**

Reformer Class	45 min	\$35		\$290
Mat-based Class	45 min	\$24	\$110	\$200

**INTERIM MEMBERSHIPS - GST Inclusive**

<b>Refined Plus</b> - includes Studio, Strength & Conditioning, Fitness Classes, TBRO & IR Sauna	\$200 / week
<b>Reformer Memberships</b> - includes Reformer & Fitness Classes	From \$50 to \$105 / week

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.