

STRENGTH, BONES & BALANCE

PHYSIOTHERAPY LED CLINICAL PILATES – WITH PHYSIOTHERAPIST (4:1)
DUET AND PRIVATE CLINICAL PILATES WITH PHYSIOTHERAPIST BY APPOINTMENT



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8.00am STRENGTH BONES & BALANCE WAITLIST ONLY			7.30am STRENGTH BONES & BALANCE Shaun
9.30am STRENGTH BONES & BALANCE Sofie	8.30am STRENGTH BONES & BALANCE Sofie		9.30am STRENGTH BONES & BALANCE WAITLIST ONLY	8.30am STRENGTH BONES & BALANCE WAITLIST ONLY
	9.30am STRENGTH BONES & BALANCE WAITLIST ONLY	10.30am STRENGTH BONES & BALANCE Christine	10.30am STRENGTH BONES & BALANCE WAITLIST ONLY	9.30am STRENGTH BONES & BALANCE WAITLIST ONLY
				11.30am STRENGTH BONES & BALANCE Sofie
			5.00pm STRENGTH BONES & BALANCE Sofie	

HOW TO GET STARTED

Schedule an Initial assessment with one of our Pilates Physiotherapists (60 minutes). This allows a thorough assessment and a plan to be developed to set you up ready to join a class. If you need more support or focused attention, we recommend private sessions with your Pilates Physiotherapist. Your Physiotherapist can talk you through how many 1:1 sessions will be valuable for you.

Review appointments (30 or 60 minutes) are recommended every 4-8 weeks, depending on your health goals and injury status.

	DURATION	PHYSIOTHERAPIST	PRINCIPAL & SENIOR PHYSIOTHERAPISTS	PRIVATE HEALTH INSURANCE REBATE CODE
PRIVATE 1:1 SESSIONS	30 minutes	\$110	\$125	505
	60 minutes	\$165	\$250	506
SEMI-PRIVATE CLASSES	50 minutes per session	\$62 casual 10 pack \$490 - \$49 per class 20 pack \$920 - \$46 per class <i>Valid for 12 months - All classes to be prepaid Invoices sent after class completed to claim private health rebate Late or cancellation fees are not eligible for private health insurance.</i>		560
DUET 2:1 SESSIONS	50 minutes per session	\$82.50/person	\$125/person	560