

# STRENGTH, BONES & BALANCE

STRENGTH BONES & BALANCE – WITH PHYSIOTHERAPIST OR AEP (4:1)  
DUET AND PRIVATE STRENGTH BONES & BALANCE BY APPOINTMENT



| MONDAY                                       | TUESDAY                                     | WEDNESDAY | THURSDAY                                     | FRIDAY                                       |
|--|---|-----------|--|--|
|  | 8.00am<br>STRENGTH BONES & BALANCE<br>Shaun |           |  | 7.30am<br>STRENGTH BONES & BALANCE<br>Shaun  |
|  | 8.30am<br>STRENGTH BONES & BALANCE<br>Isaac |           |  | 8.30am<br>STRENGTH BONES & BALANCE<br>Isaac  |
| 9.30am<br>STRENGTH BONES & BALANCE<br>Sofie  | 9.30am<br>STRENGTH BONES & BALANCE<br>Shaun |           | 9.30am<br>STRENGTH BONES & BALANCE<br>Isaac  | 9.30am<br>STRENGTH BONES & BALANCE<br>Isaac  |
| 10.30am<br>STRENGTH BONES & BALANCE<br>Isaac |   |           | 10.30am<br>STRENGTH BONES & BALANCE<br>Isaac |  |
|  |   |           |  | 11.30am<br>STRENGTH BONES & BALANCE<br>Shaun |
|  |   |           | 5.00pm<br>STRENGTH BONES & BALANCE<br>Isaac  |  |

## PRANA PHYSIOTHERAPY & HEALTH PRICING

|                       | DURATION               | PHYSIOTHERAPISTS   | SENIOR & PRINCIPAL PHYSIOTHERAPISTS   |
|-----------------------|------------------------|--|---------------------------------------|
| PRIVATE CONSULTATIONS | Up to 25 minutes       | \$110  | \$130                                 |
|                       | Up to 40 minutes       | \$155  | \$195                                 |
|                       | Up to 50 minutes       | \$70   | \$260                                 |
| DUET 2:1 SESSIONS     | Up to 50 minutes       | \$82.50/person<br>10 pack \$765/person   | \$125/person<br>10 pack \$1150/person |
| SEMI-PRIVATE CLASSES  | 50 minutes per session | <div>\$65 casual (6 months expiry)</div> <div>10 pack \$520 - \$52 per class – Most Popular (6 months expiry)</div> <div>20 pack \$960 - \$48 per class (6 months expiry)</div> <div>30 pack \$1380 - \$46 per class (6 months expiry)</div> <div>Invoices sent after class completed to claim private health rebate</div> |                                       |