

CLINICAL EXERCISE SESSIONS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30		Semi Private	Yoga/Stretch (6.50am)		Semi Private	
7:00	Semi Private					
7:30		Semi Private			Semi Private	Semi Private
8:00	Semi Private		Semi Private	Semi Private		
8:30		Group Class			Semi Private	Semi Private
9:00	Semi Private		Semi Private	Semi Private	Semi Private	Semi Private
					Semi Private	
9:30	Semi Private	Group Class				Group Class
10:00	Semi Private		Semi Private	Semi Private		
						Semi Private
10:30						
11:00		Bone and Body	Bone and Body			
12:00		Pre/Post Natal 12pm-1pm				
1:00				Pre/Post Natal 1:30pm-2:30pm		
2:00						
3:00			Semi Private			
3:30						
4:00		Semi Private	Semi Private			
4:30	Semi Private	Semi Private				
5:00		Semi Private	Semi Private			
5:30	Semi Private	Semi Private		Semi Private		
6:00		Semi Private	Semi Private			
6:30	Semi Private	Semi Private		Semi Private		
7:00			Group Class			

Please note that some classes may be full and you may need to be placed on a waitlist temporarily until a permanent spot becomes available. A deposit is required in order to reserve a permanent position in a class.

Semi Private (560) – Clinical Exercise Sessions

An initial SEMI Private assessment must be carried out prior to starting equipment classes. Assessment is based on your physiotherapist observing posture and movement and identifying areas that need strengthening and stretching. These classes incorporate Pilates and Physiotherapy based exercises.

- Initial Class - \$50

Pack of 5 classes \$200 or pack of 10 for \$400 (\$40 per class) for permanent spots

Flexi pass for non-permanent spots 5 classes \$210 (\$42 per class)

You must have already completed your initial visit of \$50 before booking a permanent spot

Group Class (561)

Group classes focus on posture and positioning through the use of foam rollers, Swiss balls and thera tubing. The mat work builds strength and flexibility, which helps with injury prevention and rehabilitation. These one-hour classes are suitable for all ages and fitness levels.

- Initial class - \$28

Pack of 5 classes \$110 or pack of 10 \$220 (\$22 per class)

Yoga/Stretch (561)

Goals: flexibility, mobility, strength, stability and relaxation

- Initial class - \$30

Pack of 5 classes \$112.50 or \$225 (\$22.50 per class)

Bone and Body Class (561)

Bone strengthening for Osteoporosis classes are a combination of cardio-vascular, balance, flexibility and general strengthening exercises performed in a relaxed group environment. The classes are suitable for all ages, with a focus on those with special medical needs such as arthritis or osteoporosis.

- \$16 per class

Pre and Post Pregnancy Exercise Classes (596)

These classes are designed to help women return to exercises post pregnancy as well as provide safe and supervised exercises for those during pregnancy.

- \$30 per class

Cancellation policy

24hrs notice must be given for cancellation of any class otherwise a full cancellation fee will apply