

SUPERVISED SESSION - Studio 3

Monday	9am	Andy
Monday	10am	Caroline
Monday	4pm	Caroline
Monday	5pm	Mitch
Tuesday	2pm	Nadene
Tuesday	5pm	Stephanie
Wednesday	9am	Andy
Wednesday	11am	Claire
Wednesday	2pm	Andy
Thursday	10am	Caroline
Thursday	5pm	Nadene
Friday	9am	Andy
Friday	11am	Caroline
Saturday	8am	Bree

REFORMER REHAB - Studio 2

Monday	10am	Nadene
Monday	11am	Nadene
Monday	5pm	Nadene
Tuesday	3pm	Nadene
Wednesday	10am	Nadene
Wednesday	4pm	Mitch
Thursday	2pm	Mitch
Friday	10am	Nadene
Friday	11am	Nadene

REFORMER FITNESS - Studio 2

Wednesday	5pm	Nadene
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MATWORK PILATES - Studio 1

Monday	9am	Nadene
Monday	6pm	Nadene
Wednesday	9am	Nadene
Thursday	6pm	Nadene
Friday	9am	Nadene

STRENGTH FOR LIFE - Studio 3

Tuesday	10am	Kyran
Tuesday	4pm	Claire
Wednesday	6pm	Mitch
Friday	10am	Andy
Saturday	9am	Bree

ONERO - The Strength Lab

Monday	10am*	Mitch
Monday	2pm	Mitch
Monday	3pm*	Claire
Monday	4pm	Mitch
Monday	5pm	Claire
Tuesday	2pm	Mitch
Tuesday	3pm*	Claire
Tuesday	5pm*	Claire
Wednesday	10am*	Claire
Wednesday	1pm*	Claire
Wednesday	5pm	Claire
Thursday	9am	Claire
Thursday	10am*	Claire
Thursday	3pm	Claire
Friday	10am	Claire
Friday	1pm	Claire
Saturday	10am	Bree

* Beginner ONERO class

BALANCE & AGILITY - Studio 1

Tuesday	11am	Kyran
Thursday	11am	Stephanie

PD FIGHT CLUB - Studio 1

Monday	11am	Mitch
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DVA GROUP SESSION - Studio 3

Tuesday	9am	Kyran
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OUR CLASSES

Matwork Pilates

These group classes are conducted on the floor using an exercise mat, and often incorporate small apparatus, such as Magic Circles, Therabands or Foam Rollers. Classes are run as a set program for all participants and are suitable for people with moderate fitness levels, able to move up and down from the ground.

Reformer Rehab

Using Reformer Pilates beds for those clients with injuries requiring gentle rehab.

Reformer Fitness

These classes are designed for those who need that extra push and challenge in their Reformer Pilates programs - not for the light-hearted!

Supervised Session

For those with their own program needing supervision/advice/progressions of exercise.

Strength for Life

These classes are fun, safe and social with a focus on improving fitness, strength and quality of life. Designed to assist with various conditions such as arthritis, osteoporosis, mobility issues and overall well-being.

Balance & Agility

Suitable for those with poor balance and a history of falls or near falls.

DVA Group Session

Suitable for DVA card holders on a referral from their general practitioner.

PD Fight Club

Suitable for clients with Parkinson's disease or clients that need to be seated while exercising following a neuromuscular condition.

GLA:D Program

A world recognised intervention for both hip and knee arthritis. Suitable for patients of all ages and levels of severity.

ONERO Program

The award-winning, evidence-based exercise program for those with osteoporosis incorporates supervised, effective exercise, falls prevention and functional assessments.

Hygiene & safety: Bring towel, water bottle, slip free socks. Wipe equipment after use. Hand sanitiser supplied.



FEES - CLASSES

Class pass packs available for use to attend our various group classes throughout the week.

1 class/casual	\$32/class
6 class pack	\$114 (\$19/class)
10 class pack	\$180 (\$18/class)
20 class pack	\$340 (\$17/class)

FEES - MEMBERSHIPS

Each membership includes independent gym access plus a number of group classes as specified.

Studio Access Only	\$21/wk (gym only - no classes)
Basic Member	\$24/week - Includes 1 class/week
Standard Member	\$31/week - Includes 2 classes/week
Premium Member	\$37/week - Includes 3 classes/week
Gold Member	\$42/week - Includes 4 classes/week

Rebates for allied health directed exercise classes via code:

502: Exercise Physiology

560: Physiotherapy

For full cancellation policy and new client form, please our website, or contact reception to get a copy.

Early cancel: We will early cancel you from a class without penalty if you provide us with advanced notice of no less than 4 hours prior to the commencement of your class.

Late cancel: We will late cancel you when you do not give the minimum notice required of 4 hours prior to the commencement of your class, and that class visit will be deducted from your class allowance.

Reports for private health insurance claims can be provided on request. Classes are claimed using the following codes:

Therapist	Consultation Code	Class Code	Provider Number
Mitchell Forrest - Exercise Physiologist	102 (initial) 202 (follow-up)	502	5888652L
Andy Li - Physiotherapist	500 (initial) 505 (follow-up)	560	6538263J
Nadene Townend - Pilates Instructor	N/A	N/A	N/A
Claire Gear - Physiotherapist	500 (initial) 505 (follow-up)	560	073214AX
Chelsea Barnes - Exercise Physiologist	102 (initial) 202 (follow-up)	502	1652124A



