

# EXERCISE RIGHT & REHAB



## 2026 SERVICES, PROGRAMS AND CLASSES GUIDE

*Exercise That Supports You at Every Stage of Life*

Effective 1 February 2026



**MEAD PHYSIO GROUP**  
LINKED HEALTH CARE  
Physio | Exercise Therapy | Massage



**EXERCISE RIGHT & REHAB**  
+ **PILATES STUDIO**

**THE  
STRENGTH  
LAB**

(Part of the Mead Physio Group)

## SPECIALISED PROGRAMS

Practitioner-led, evidence-based programs delivered by accredited providers with advanced clinical training. Designed for at-risk clients with medical conditions requiring closer supervision.

PROGRAM	ASSESSMENTS	PROGRAM PRICING	PROGRAM BUNDLES
<b>ONERO™</b> An evidence-based program for osteoporosis developed by The Bone Clinic.	<b>Initial:</b> \$130 <b>Review:</b> \$80	<ul style="list-style-type: none"> <li>• <b>6 Class Pack:</b> \$234</li> <li>• <b>10 Class Pack:</b> \$340</li> <li>• <b>20 Class Pack:</b> \$640</li> </ul>	<b>ONERO® Starter Bundle:</b> \$455 <i>(Initial assessment + 10 classes)</i>  <b>ONERO® Complete Program:</b> \$790 <i>(All assessments + 20 classes)</i>
<b>GLA:D® Hip &amp; Knee</b> Internationally recognised program for hip and knee osteoarthritis.  <i>* Fully funded for eligible HBF members</i>	<b>Initial:</b> \$130 <b>Review:</b> \$80 <b>Education Session:</b> Free	<ul style="list-style-type: none"> <li>• <b>6 Class Pack:</b> \$300</li> <li>• <b>12 Class Pack:</b> \$564</li> <li>• <b>16 Class Pack:</b> \$720</li> </ul>	<b>GLA:D Hip &amp; Knee Program Bundle:</b> \$739 <i>(Assessments, Education Session + 12 classes)</i>
<b>GLA:D® Back</b> A structured, evidence-based education and exercise program designed to reduce low back pain, improve function and build confidence in movement.	<b>Initial:</b> \$130 <b>Review:</b> \$80 <b>Education Session:</b> Free	<ul style="list-style-type: none"> <li>• <b>6 Class Pack:</b> \$300</li> <li>• <b>12 Class Pack:</b> \$564</li> <li>• <b>16 Class Pack:</b> \$720</li> </ul>	<b>GLA:D Black Program Bundle:</b> \$739 <i>(Assessments, Education Session + 12 classes)</i>
<b>Neuro Fitness: PD Fight Club</b> Neuroactive program for Parkinson's and neurological conditions.	<b>Initial:</b> \$130 <b>Review:</b> \$80	<ul style="list-style-type: none"> <li>• <b>6 Class Pack:</b> \$210</li> <li>• <b>10 Class Pack:</b> \$330</li> <li>• <b>20 Class Pack:</b> \$600</li> </ul>	<b>PD Fight Club Starter Bundle:</b> \$425 <i>(Initial assessment + 10 classes)</i>  <b>PD Fight Club Commitment Bundle:</b> \$750 <i>(Assessments + 20 classes)</i>

\* Concession rates available for specialised program packs. Please enquire.



## SPECIALISED PROGRAMS CONTINUED

PROGRAM	ASSESSMENTS	CLASS PACKS
<b>Strength for Life™ Program (COTA WA)</b> <b>Tier 1 - EP or Physio</b> Accredited strength program for adults.	Tier 1 Assessments: \$100	<ul style="list-style-type: none"> <li>• <b>6 Class Pack:</b> \$120</li> <li>• <b>10 Class Pack:</b> \$200</li> <li>• <b>20 Class Pack:</b> \$400</li> </ul>
<b>Strength for Life™ Program (COTA WA)</b> <b>Tier 2 - Sports Scientist or Fitness Instructor</b> Accredited strength program for adults.	Tier 1 Assessments: \$75	<ul style="list-style-type: none"> <li>• <b>6 Class Pack:</b> \$90</li> <li>• <b>10 Class Pack:</b> \$150</li> <li>• <b>20 Class Pack:</b> \$300</li> </ul>

## PILATES AND FITNESS STUDIO CLASSES

Our fitness studio classes are designed for clients who are medically stable and ready to challenge themselves with more advanced fitness training, typically led by a Sports Scientist or Fitness Instructor.

6 CLASS PACK	10 CLASS PACK	20 CLASS PACK	CASUAL
6 class pack: \$180	10 class pack: \$270	20 class pack: \$500	\$35 per class

FITNESS STUDIO CLASSES	
<b>REFORMER REHAB</b>	Reformer-based Pilates for rehabilitation and guided movement.
<b>REFORMER FITNESS</b>	Higher-intensity Reformer sessions.
<b>MATWORK PILATES</b>	Floor-based Pilates using small apparatus.
<b>SUPERVISED SESSION</b>	Supervision, technique guidance, and program progression.
<b>BALANCE &amp; AGILITY</b>	Designed for balance improvement and fall prevention.
<b>BOXING FITNESS</b>	Suitable for all ages and fitness levels. Blends cardio, power and technique in a supportive environment.

Please note: Before joining any class, all clients must complete an initial assessment with an Exercise Physiologist or Physiotherapist.

## ERRS MEMBERSHIP OPTIONS

All memberships include gym access and classes\* as outlined below.  
12 week minimum contract for all memberships.

MEMBERSHIP	INCLUDES	PRICE
<b>Gym Access Only</b>	Unlimited access (incl after-hours)	\$25/week
<b>Basic Membership</b>	Gym access + 1 class/week	\$32/week
<b>Standard Membership</b>	Gym access + 2 classes/week	\$44/week
<b>Premium Membership</b>	Gym access + 3 classes/week	\$56/week
<b>Gold Membership</b>	Gym access + 4 classes/week	\$68/week

\* With an ERRS membership, you can enjoy our Pilates and Fitness Studio classes. Specialised classes and programs are not included.

## PERSONAL TRAINING & 1:1 SERVICES

Delivered by our Exercise Physiologists, Physiotherapists & Fitness Instructors

SERVICE TYPE	PRACTITIONER	PRICING
<b>Personal Training / 1:1</b>	Exercise Physiologist / Physiotherapist	<ul style="list-style-type: none"> <li>• <b>1:1 PT - 60 minutes:</b> \$120</li> <li>• <b>1:1 PT - 45 minutes:</b> \$110</li> <li>• <b>1:1 PT - 30 minutes:</b> \$90</li> </ul>
<b>Personal Training / 1:1*</b> (Healthy Population)	Fitness Instructor / Sports Scientist	<ul style="list-style-type: none"> <li>• <b>1:1 PT 60 minutes:</b> \$120</li> <li>• <b>1:1 PT 45 minutes:</b> \$110</li> <li>• <b>1:1 PT 30 minutes:</b> \$90</li> </ul>
<b>Program Writing &amp; Assessments</b> (Healthy Population)	Fitness Instructor / Sports Scientist	<ul style="list-style-type: none"> <li>• <b>Fitness &amp; Movement Assessment:</b> \$95</li> <li>• <b>Exercise Program Writing:</b> \$80</li> </ul>
<b>Reformer Pilates Personal Training / 1:1</b>	Fitness Instructor	<ul style="list-style-type: none"> <li>• <b>1:1 PT 30 minutes:</b> \$90</li> <li>• <b>1:1 PT 60 minutes:</b> \$120</li> </ul>

\* Concession rates available for specialised program packs. Please enquire.



# WHERE TO FIND US

**EXERCISE RIGHT & REHAB** | Unit 3/14 Mead St, Kalamunda | 08 6500 1555

**THE STRENGTH LAB** | Shop 30 Kalamunda Central, 39 Railway Rd | 08 6500 1555

[www.meadphysiogroup.com.au](http://www.meadphysiogroup.com.au) | [errs@meadphysiogroup.com.au](mailto:errs@meadphysiogroup.com.au)

