

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

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



SPECIALISED PROGRAMS CONTINUED

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

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	
REFORMER REHAB	Reformer-based Pilates for rehabilitation and guided movement.
REFORMER FITNESS	Higher-intensity Reformer sessions.
MATWORK PILATES	Floor-based Pilates using small apparatus.
SUPERVISED SESSION	Supervision, technique guidance, and program progression.
BALANCE & AGILITY	Designed for balance improvement and fall prevention.
BOXING FITNESS	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
Gym Access Only	Unlimited access (incl after-hours)	\$25/week
Basic Membership	Gym access + 1 class/week	\$32/week
Standard Membership	Gym access + 2 classes/week	\$44/week
Premium Membership	Gym access + 3 classes/week	\$56/week
Gold Membership	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
Personal Training / 1:1	Exercise Physiologist / Physiotherapist	<ul style="list-style-type: none">1:1 PT - 60 minutes: \$1201:1 PT - 45 minutes: \$1101:1 PT - 30 minutes: \$90
Personal Training / 1:1* (Healthy Population)	Fitness Instructor / Sports Scientist	<ul style="list-style-type: none">1:1 PT 60 minutes: \$1201:1 PT 45 minutes: \$1101:1 PT 30 minutes: \$90
Program Writing & Assessments (Healthy Population)	Fitness Instructor / Sports Scientist	<ul style="list-style-type: none">Fitness & Movement Assessment: \$95Exercise Program Writing: \$80
Reformer Pilates Personal Training / 1:1	Fitness Instructor	<ul style="list-style-type: none">1:1 PT 30 minutes: \$901:1 PT 60 minutes: \$120

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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
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