



Current Class Timetable & Pricing

Class Name	Days	Time	Cost
Strength & Bone Density Program	Tues, Thurs	2:00pm – 3:00pm	\$300 for 12 sessions <i>(Initial and 3mth follow up appointments additional)*</i>
Falls Prevention Program	Tues, Thurs	2:00pm – 3:00pm	\$300 for 12 sessions <i>(Initial and 3mth follow up appointments additional)*</i>
Oncology Exercise Program- COMING SOON	Thurs	2:00pm – 3:00pm	\$200 for 8 sessions <i>(Initial and 3mth follow up appointments additional)*</i>
Support and Strength (Supervised Program)	Monday-	8.30am & 9.30am	\$10 (Members) / \$25 (Non-Members, private billing only)
	Tues & Thurs-	9:00am, 10:00am & 2:00pm	
Reformer Pilates (2-on-1)	By Appointment	–	\$54 (Members) / \$60 (Non-Members)
Reformer Pilates Private 1:1 Session	By Appointment	–	\$108 (Members) / \$120 (Non-Members)
1:1 Personal Training	Tues, Thurs	By Appointment	\$63 (Members) / \$70 (Non-Members)

** For up to date pricing on initial appointment and 3 month follow-up please call the clinic on 6554 9256.*

Membership Options

 **Base Membership:** \$35 per week

- Access to the facility from **5am-9pm daily**
- Booking system for **reformers and anti-gravity treadmill**
- **Discounted rates** on classes and personal training

 **Additional Personal Training:** Available at an extra cost, with member discounts.

NDIS & DVA Access

Select services may be **rebatable via NDIS, DVA, and care packages**. Speak with your physiotherapist to explore options and submit a tailored plan request.

Program Details

 **Oncology Rehab (8 Weeks, 1x Per Week)** – \$200 for 8 sessions

Designed for individuals undergoing or recovering from cancer treatment, this program helps rebuild strength, manage fatigue, and improve overall well-being.

Key Benefits: Supports muscle and bone health, improves energy levels, and helps reduce treatment side effects like fatigue and pain.

 **Strength & Bone Density Program (6 Weeks, 2x Per Week)** – \$300 for 12 sessions

A targeted resistance training program to enhance muscle strength and bone health, helping to combat age-related muscle and bone loss.

Key Benefits: Improves muscle mass, increases functional strength, enhances bone density, and improves mobility.

 **Falls Prevention Program (6 Weeks, 2x Per Week)** – \$300 for 12 sessions

A structured approach to improving balance, coordination, and stability to reduce the risk of falls and maintain independence.

Key Benefits: Builds strength, enhances mobility, and supports confidence in movement.