

Pilates and Exercise Physiology

There have been a few changes to class times, please check the times below and confirm which class you wish to participate in. We have three Accredited Exercise Physiologists, Shauna, Corrin and Maniso, all offering 1 on 1 Exercise Physiology Sessions targeted to suit your needs and goals. Call **4267 3400** or pop-in and speak to the girls at the front desk for further information and to arrange an appointment.


Monday	Tuesday	Wednesday	Thursday	Friday
4.15pm	7.30am	9:30am EP	7.15am	7.15am
5.15pm	8.30am	10:30am EP	8.30am	8.15am
6.15pm	9.30am	11:30am BB	9.30pm	9.30am
7.15pm	10:00am EP	12:30 Mums n' bubs class	10:30am	10.30am
8.30am EP	12:00pm S	1:30pm	1:30pm	11:30 EP
9:30am	1:30pm EP		2:30pm	2.30pm S
10:30am	2:00pm EP	8:30am	3:30pm EP	
11.30am EP	3:00pm EP	9:30am EP	5:30pm	12:45pm
1:00pm	3:30pm	10:30am		1:45pm
2:00pm	5:30pm	4.00pm		2:45pm EP
3.00pm	6:30pm	5.00 pm EP		

BB = Better Balance Class (over 65yrs only)

EP: Exercise Physiology 1 on 1 sessions

S = Seniors exercise class

Prices (as of January 2018):

-  Note: You may be entitled to claim for semi-private pilates classes, exercise physiology services or group classes through your healthfund if you are covered.

Exercise Physiology Services

- Initial Individual Assessment \$85 (1 hour)
- Follow-Up Exercise Physiology Session (1 on 1) \$47.50 for 30 minutes | \$85 for 1 hour

Semi-Private Group Classes

- Casual Pilates class \$35 (1 hour)
- Block of 5 Pilates Classes \$160 (1 hour/session)
- Block of 10 Pilates Classes \$300 (1 hour/session)
- Mums & Bubs \$25

Other Group Classes

- Better Balance \$15
- Seniors Class \$17.50

