

Burpengary  
1-3/5 North Shore Drive  
(07) 3888 6699



Beachmere  
8/878 Beachmere Road  
(07) 5429 0298

## Pilates & Group Exercise Time Table from 31st January 2018

### Burpengary

Class		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pilates	Reformer (Max 7 People)	<ul style="list-style-type: none"> <li>7:00am-8:00am</li> <li>8:00am-9:00am</li> <li>5:30pm-6:30pm</li> </ul>	<ul style="list-style-type: none"> <li>5:30pm-6:30pm</li> </ul>	<ul style="list-style-type: none"> <li>5:00pm (Intro/Beginner)</li> <li>5:30pm-6:30pm</li> <li>6:30pm-7:30pm</li> </ul>	<ul style="list-style-type: none"> <li>6:30am-7:30am</li> <li>1:30pm-2:30pm</li> <li>5:30pm-6:30pm</li> </ul>	<ul style="list-style-type: none"> <li>7:00am-8:00am</li> </ul>	<ul style="list-style-type: none"> <li>7:00am-8:00am</li> </ul>
	Mat Work (Max 15 People)	<ul style="list-style-type: none"> <li>9:00am-10:00am</li> </ul>	<ul style="list-style-type: none"> <li>12:00pm-1:00pm</li> <li>6:30pm-7:30pm</li> </ul>	-	<ul style="list-style-type: none"> <li>5:30pm-6:30pm</li> </ul>	-	<ul style="list-style-type: none"> <li>7:00am-8:00am</li> </ul>
Cardiatrics	Cardiac Rehab	<ul style="list-style-type: none"> <li>11:00am-12:00pm</li> </ul>	-	-	-	<ul style="list-style-type: none"> <li>11:00am-12:00pm</li> </ul>	-
	Cardiac Rehab/ Lower Limb	<ul style="list-style-type: none"> <li>4:30pm-5:30pm</li> </ul>	-	-	-	-	-
Exercise Physiology	Strength & Balance	-	<ul style="list-style-type: none"> <li>10:00am-11:00am</li> </ul>	<ul style="list-style-type: none"> <li>10:00am-11:00am</li> </ul>	<ul style="list-style-type: none"> <li>10:00am-11:00am</li> </ul>	-	<ul style="list-style-type: none"> <li>10:00am-11:00am</li> </ul>
	Fit Kids	-	-	<ul style="list-style-type: none"> <li>3:30pm-4:30pm (during school term only)</li> </ul>	-	-	-
	Yoga	-	<ul style="list-style-type: none"> <li>5:30pm-6:30pm</li> </ul>	<ul style="list-style-type: none"> <li>12.30-1.30pm</li> </ul>	-	<ul style="list-style-type: none"> <li>9.30 am TBC and</li> <li>5.15pm</li> </ul>	-

## Payment Options

	Class	Block Booking	Casual Rate	Health Fund Item Number
<b>Pilates*</b>	Reformer	\$120 / 8 Weeks	\$20 / Class	560/561
	Self Directed Sessions **	-	\$10 / Session	-
	Reformer + 2 Self-Directed Sessions / Week	\$160 / 8 Weeks	-	560/561
	Mat Work	\$80 / 8 Weeks	\$15 / Class	560/561
<b>Cardiatrics</b>	Cardiac Rehab	\$80 / 8 Weeks 2 Sessions / Week	\$10 / Class	502
	Cardiac Rehab (Phase 2)***	\$140 / 8 Weeks	\$10/Class	502 (Class) 202 (EP Initial Appointment)
	Lower Limb	-	\$10 / Class	502
<b>Exercise Physiology</b>	Strength & Balance	-	\$5 / Class	502
	Fit Kids	-	\$5/ Class	502
	Yoga	\$50 / 11 Classes	\$5 / Class	560

### Pilates Packages

	Sessions	Price
<b>Bronze</b>	1 class weekly for 8 weeks	Matwork - \$80 Reformer - \$120
<b>Silver</b>	1 class weekly for 8 weeks + 1hr session w/ Sonja for a personalised program setup + access to equipment for 8 weeks	Matwork - \$120 Reformer - \$160
<b>Gold</b>	1 class weekly for 8 weeks + fortnightly session w/ Sonja for program setup and progression + access to equipment for 8 weeks	Matwork - \$200 Reformer - \$240
<b>Platinum</b>	1 class weekly for 8 weeks + weekly sessions w/ Sonja for program setup and progression + access to equipment for 8 weeks	Matwork - \$260 Reformer - \$300
<b>Ultimate</b>	2 booked classes per week + unlimited casual classes across the timetable + unlimited equipment use + 1 session w/ Sonja per week	\$350 for 8 week block
<b>Casual Pass</b>	10 casual sessions with a 3 month expiry. Bookings can only be made 1 day in advance.	Matwork - \$130 Reformer - \$175
<b>\$5 class Pass</b>	Buy a block of 10 classes for \$50 and receive your 11 <sup>th</sup> class free. Only valid for Yoga and/or Strength and Balance	\$50 for 11 classes

#### TO AVOID DISAPPOINTMENT, YOU MUST BOOK AHEAD DUE TO A LIMIT IN CLASS SIZES

\*Purchase a block of 2 or more classes per week and the 8<sup>th</sup> week is free.

\*If you are unable to attend a class booked within a block, a make-up class can be organised if prior notice is given

\*Private classes can be booked for between 1-7 participants. The cost of each private class is \$60 for up to 4 participants and \$10 per each extra person

\*\*An individual program must be developed (costing \$65) before self-directed sessions can commence

\*\*\*The Phase 2 Cardiac Rehab block includes 2 Cardiac Rehab classes per week, as well as 4 educational sessions, and an initial and post screening sessions.