

no nonsense.

PRICE LIST

We are a No Nonsense business and so we don't like to hide anything from you, see below our full services and price list.

Fitness Classes

Casual Rates

Single Class	\$40
10-Pack	\$300
1 Week Unlimited	\$99
1 Month Unlimited	\$325

Memberships

	Casual	12 month Contract
2 classes/week	\$40	\$35
3 classes/week	\$55	\$50
Unlimited classes/week	\$70	\$65

10 packs have an expiry of 3 months and cannot be shared. Any unused sessions may be re-activated for an administration fee.

Personal Training, Pilates, MovNat, Yoga

	Standard Pricing	Director Pricing	10 Pack	2x Week Membership	
30 minutes	\$70	\$80	\$650	\$130	Share the cost of a personal training session for just \$10/extra person. Maximum of 8 people.
45 minutes	\$98	\$115	\$945	\$180	
60 minutes	\$130	\$150	\$1250	\$240	

10 packs have an expiry of 3 months and cannot be shared. Any unused sessions may be re-activated for an administration fee.

Injury Clinic

Initial Consultation (45 min)	\$130
Follow Up (45 min)	\$130

Call us at 0414 595 509 for a no obligation, no nonsense chat about how we can help you achieve your health or fitness goals.

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Massage Therapies

	30 min	45 min	60 min	75 min	90 min	120 min
Aromatherapy				\$150		
Cupping Massage	\$70	\$98				
Lymphatic Drainage					\$195	\$245
Oncology					\$195	\$245
Reflexology			\$130			
Scar Flow					\$195	
Remedial Massage	\$70	\$98	\$130		\$195	

Membership:

2x60min massage/month \$243

Bookings must be used within 1 month and cannot be shared. Any unused sessions may be re-activated for an administration fee

Infrared & Red Light Therapy

Initial Session (45 min)	\$40	Memberships:	
		Unlimited per week	\$40
Casual Rates:			
Single Session	\$25		
10-Pack	\$200		

Bundles

Ultimate Membership

Each Month: Unlimited Classes + 1 x 60minute Massage + Unlimited Infrared & Red Light Therapy

\$465.50

Recovery Membership

Each Month: 1 x 60 minute massage + Unlimited Infrared & Red Light Therapy

\$250

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