

# no nonsense.

## 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
4 classes/fortnight	\$90	\$85
6 classes fortnight	\$120	\$115
8 classes/fortnight	\$138	\$133
10 classes/fortnight	\$150	\$145
14 classes/fortnight	\$178	\$173

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
30 minutes	\$70	\$80	\$650
45 minutes	\$98	\$115	\$945
60 minutes	\$130	\$150	\$1250

Share the cost of a personal training session for just \$10/extra person. Maximum of 8 people.

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
Extended Follow Up (60 min)	\$170

### Massage Therapies

	30 min	45 min	60 min	75 min	90 min	120 min
Remedial Massage	\$70	\$98	\$130	\$160	\$195	
Dry Needling & Remedial Massage				\$195		
Aromatherapy				\$195	\$215	
Cupping Massage	\$70	\$98				
Lymphatic Drainage					\$195	\$245
Scar Flow					\$195	
Energetics & Massage					\$195	
Reflexology			\$130			
Zen Thai Shiatsu			\$130		\$195	
Remedial Crystal Energy Healing			\$165	\$195	\$215	

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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## Kinesiology

Initial Consultation (90 min) \$195

Subsequent Treatments (75 min) \$160

## Reiki

60 Minutes \$130

75 Minutes \$160

## Counselling & Mentoring

Loss & Grief Counselling (50 min) \$130

Mental Health Counselling (50 min) \$130

Perimenopausal Counselling (50 min) \$130

Relationship Counselling (50 min) \$130

Teen Mentoring (50 min) \$130

Adult Mentoring (50 min) \$130

## Infrared & Red Light Therapy

Initial Session (45 min) \$40

### Casual Rates:

Single Session \$25

10-Pack \$200

### Memberships:

Unlimited per week \$40

## PRODUCTS:

Magnesium Oil Spray \$28

Muscle Balm \$40

Magnesium Relief Roller \$45

Magnesium Relax Roller \$45

Magnesium Bath Flakes \$30

Naturally Healthy Teas \$24.95

Weighted Bracelets \$35

Guasha Tool \$18

Foam Roller \$20

No Nonsense Tees \$35

No Nonsense Jumper \$80

Water Bottles \$25

Towels \$20

Pilates Socks \$20