

## PRICE LIST

## Fitness Classes

<b>Casual Rates:</b>		<b>Memberships:</b>	<b>Billed Weekly</b>	<b>Premium Memberships</b> <i>and add on's available</i>
Single Class	\$43	4 classes/fortnight	\$47.50	
10 Pack	\$325	6 classes/fortnight	\$63	
1 Week Unlimited	\$110	8 classes/fortnight	\$72.50	
1 month Unlimited	\$350	10 classes/fortnight	\$79	
		14 classes/fortnight	\$95	

*10 packs have an expiration of 3 months and cannot be shared. Any unused may be re-activated for a \$15 administration fee*

## Personal Training, Pilates, MovNat, Yoga

	<b>Standard</b>	<b>Senior</b>	<b>Director</b>	<b>Standard 10 Pack</b>	<b>Senior 10 Pack</b>	<b>Director 10 Pack</b>
30 minutes	\$75	\$80	\$85	\$700	\$750	\$800
45 minutes	\$105	\$113	\$122	\$1,000	\$1,080	\$1,170
60 minutes	\$138	\$148	\$160	\$1,330	\$1,430	\$1,550

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## Massage Therapies

	<b>Standard</b>	<b>Senior</b>	<b>Director</b>	<b>Standard</b>	<b>Senior</b>
<b>Remedial Massage</b>				<b>Energetics &amp; Massage</b>	
30 minutes	\$75	\$80	\$85	90 minutes	\$208
45 minutes	\$105	\$113	\$122	<b>Thai Shiatsu Massage</b>	
60 minutes	\$140	\$148	\$160	60 minutes	\$140
75 minutes	\$170	\$180	\$190	90 minutes	\$208
90 minutes	\$208	\$218	\$230	120 minutes	\$260
120 minutes	\$260	\$270	\$280	<b>Scar Flow Therapy</b>	
<b>Cupping Massage</b>				90 minutes	\$218
30 minutes			\$85	<b>Aromatherapy</b>	
45 minutes			\$122	75 minutes	\$205
<b>Dry Needling &amp; Remedial</b>				90 minutes	\$230
<b>Massage</b>				<b>Remedial Crystal</b>	
75 minutes		\$180	\$190	<b>Healing</b>	
90 minutes		\$218	\$230	60 minutes	\$175
<b>Lymphatic Massage</b>				75 minutes	\$205
90 minutes	\$208	\$218	\$230	90 minutes	\$230
120 minutes	\$260	\$270	\$280		

## **Injury Clinic**

Initial Consultation (45 minutes)	\$140
Follow Up Short (30 minutes)	\$95
Follow Up Standard (45 minutes)	\$140
Follow Up Extended (60 minutes)	\$178
Rehab 30 minutes	\$95
Rehab 45 minutes	\$140

## **Counselling & Mentoring**

Loss & Grief	\$130 (50 minutes)
Mental Health	\$130 (50 minutes)
Perimenopause	\$130 (50 minutes)
Relationship	\$130 (50 minutes)
Adult & Teen	\$130 (50 minutes)
Mentoring	\$130 (50 minutes)

## **Kinesiology**

Initial Consultation (90 minutes)	\$195	60 minutes	\$140
Subsequent Treatments (75 minutes)	\$170	75 minutes	\$170

## **Reiki**

## **Red Light & Infrared Therapy**

<b>Initial Session</b>	\$45
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### **Casual Rates:**

### **Memberships:**

### **Billed Weekly**

Single Class	\$35	3 sessions/week	\$49
10 Pack	\$250		

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## **Products**

Magnesium Oil Spray	\$28	Weighted Bracelets	\$35
Muscle Balm	\$40	Guasha Tool	\$18
Magnesium Relief Roller	\$45	Foam Roller	\$20
Magnesium Relax Roller	\$45	Theraband	\$15
Magnesium Bath Flakes	\$30	Trigger Ball	\$15
Naturally Healthy Teas	\$24.95	No Nonsense Tees	\$35
		No Nonsense Jumper	\$80
		Water Bottle	\$25
		Towel	\$20
		Pilates Socks	\$20