

FIT BACKS PHYSIO PILATES & PERSONAL TRAINING



Fit Backs Physio Pilates & Personal Training is designed & instructed by physios for the needs of participants. Therapy Max provides a unique variety of groups and classes at a level of challenge to suit all abilities. Ideal for injury prevention, rehabilitation and for improving mobility, strength, posture, coordination & balance.

LOCATION: Therapy Max exercise rooms (by basketball court)

Cook + Phillip Aquatic & Fitness Centre, 4 College St, Sydney

FOR BOOKINGS: ph 02 9356 3877 or email: reception@therapymax.com.au

CLASS/GROUP OPTIONS

Group Equipment Pilates: Our physio led personalised groups (2-3 persons) enable heaps of feedback & more effective results. Equipment provides greater muscular resistance, core strength & improved mobility & includes a trapeze table, wunda chair, reformer, barrels, weights, rollers, resistance bands, balance pads & balls.

Group Physio Personal Training (PPT): Hour long groups of up to 3 participants will improve strength, fitness & promote rehabilitation in the outdoor gym. It applies pilates principles & your rehab / exercise goals using VIPR, TRX, gym balls, steps, rollers, skipping rope, weights & resistance bands.

Private Equipment Pilates & PPT sessions can be booked during usual clinic hours for 1-3 persons.

Fit Backs Mat Pilates Class: challenges you with floor & standing exercises, utilising resistance bands, foam rollers & balls and is progressed gradually over 10 weeks. Develops core & extrinsic strength in a fun, safe format.

Beginner: Little/no Pilates experience or assisting injury recovery.

Intermediate: Have completed beginner with confidence or have a long history of Pilates.

Advanced: Functional rehab, injury prevention & fitness. Challenging, with heaps of variety!

Pre-Natal Mat Pilates Class: join any time through pregnancy to maintain fitness & wellbeing with modified pilates.

** An initial consult is mandatory for joining our classes for the 1st time. See costs below. **

COSTS

- **Mat Pilates:** 10 week course (1hr classes) - \$290 Beginner, Intermediate & Advanced
- **Pre-Natal Mat Pilates:** 10 week course (1hr classes) - \$290 or \$33 per class for casual visits
- **PPT:** 10 pack (1hr groups) - \$530pp (valid 6 months) or \$58pp casual visit
- **Equipment Pilates:** 10 pack - \$530pp (valid 6 months) or \$58pp casual visit
NB: Lunch (2 person gp):45mins. Morning & Evening (3person gp):60mins.
- **Private Pilates or PPT Session:** ½ hr: \$87 or 1hr: \$150
- **Private Group Pilates or PPT:** 45 mins & 1hr prices vary (please ask for details)

Initial Assessment

An Initial Consultation is mandatory for joining Fit Backs Classes/groups for the 1st time.

Health funds may require regular follow-up consults to meet health fund requirements.

½hr: \$97 - for those without current injury: Movement & posture assessment & education of core activation. If initial assessment or re-evaluation subsequent consults.

1hr: \$160 - for those with a current injury: Your injury history and goal setting, movement & posture assessment & more comprehensive education of basic core activation & pilates foundations.

Health Fund Rebates come under:

**"Assessment consult", "group consult" for Equip Pilates & PPT and "class consult" for Mat Pilates.
Please notify reception if you will be claiming through a health fund**

FIT BACKS MAT PILATES TIMETABLE					
CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH		Intermediate 12.30pm	Beginner 12.30pm	Advanced 12.30pm	
EVENING	Advanced 5.30pm	Pre-Natal 5.30pm		Beg/Intermediate 5.30pm	
			Beg/Intermediate 7.00pm		
MAT PILATES TERM DATES - 10 week terms					
Term 4 2017	Monday 29 th January to Monday 9 th April (No class Mon 2 nd April)				
Term 1 2018	Monday 30 th April to Monday 9 th July (No class Mon 11 th June)				
Term 2 2018	Monday 23 rd July to Friday 28 th September				
Term 3 2018	Monday 15 th October to Friday 21 st December				

EQUIPMENT PILATES & PHYSIO PERSONAL TRAINING TIMETABLE.... start anytime						
GROUPS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING		7 - 8am (3)			7 - 8am (3)	
		7 - 8am PPT				
		9 - 10am (3)			9.30 - 10.30am (3)	9 - 10am (3)
		10 - 11am (3)		10.30 - 11.30am PPT		
	11.15 - 12pm (2)	11.30 - 12.15pm (2)		11.30 - 12.30pm PPT		11 - 12pm (3)
AFTERNOON	12 - 12.45pm (2)			12 - 12.45pm (2)	12.15 - 1.00pm (2)	
	12.45 - 1.30pm (2)	12.15 - 1pm (2)		12.45 - 1.30pm (2)	12.30 - 1.30pm PPT	
	1.30 - 2.15pm (2)	12.30 - 1.30pm PPT		1.30 - 2.15pm (2)	1 - 1.45pm (2)	
	2.15 - 3.00pm (2)	1 - 1.45pm (2)				
EVENING	4 - 5pm PPT		5 - 6pm (3)			
	4.30 - 5.30pm (3)		6 - 7pm (3)	5 - 6pm (3)		
	5.30 - 6.30pm (3)		6 - 7pm PPT	6 - 7pm (3)		
	6.30 - 7.30pm (3)		7 - 8pm (3)	7 - 8pm (3)		

Fit Backs Mat & Equipment Pilates and PPT Class Guidelines & Conditions

Our Fit Backs Pilates & Personal Training groups/classes advance each week to ensure individual progression. We understand that people may need time off and miss classes due to work, holidays & sickness. Therefore, we have drawn up our policy so you understand what options are available to you.

Non Attendance or Late Notice of Cancellation

Failure to give us 24 hours prior notice of your absence from your regular class will forfeit your right to do a make-up class for that missed one. This applies for whatever reason you missed your class.

Notifying us promptly of a planned absence allows another person to take that class and ensures your physio can prepare for those who will be attending.

Expiry: Mat classes expire at end of each term. PPT & equipment Pilates 10 packs expire after 6 months.

Extra Conditions for Fit Backs Mat Pilates

Accommodating work commitments and holidays: If you know *prior to commencement of term* that you cannot attend a class and *provide the dates* that you will be missing, then Therapy Max will not charge you for up to 2 classes only, that you will miss.

Make-up classes: please notify reception of any planned absence and to arrange a make-up class.

Classes, including make-up classes, cannot be transferred to later terms.

Refunds cannot be provided once term has begun.

Insufficient numbers to run mat classes: Class commencement is dependent upon sufficient confirmed bookings just prior to term starting. We greatly appreciate prompt payment to ensure your class runs.

Pre-Natal Mat Pilates: We provide an option of joining as a casual participant, because participants have no make-up class options.