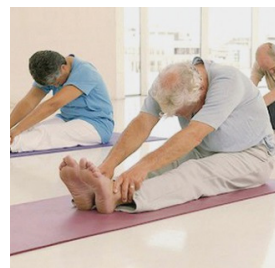
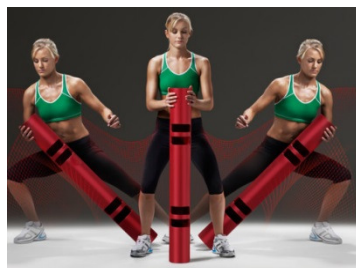


FIT BACKS PHYSIO PILATES & PERSONAL TRAINING



Fit Backs Physio Pilates & Personal Training is designed & instructed by physios for the needs of participants. Therapy Max provides a unique variety of classes and levels of challenge to suit all abilities. Ideal for injury prevention, rehab and 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

EXERCISE CLASS

WHICH CLASS TO JOIN

Beginner Mat Pilates

Little/no Pilates experience or assisting injury recovery.

Intermediate Mat Pilates

Have completed beginner with advanced technique or have a long history of Pilates.

Advanced Mat Pilates

Injury prevention and fitness. Fun, challenging classes with heaps of variety!

Pre-Natal Mat Pilates

Maintain strength & posture through pregnancy.

Equipment Pilates

An individual program to target your needs more specifically. Start anytime.

Physio Personal Training

Personalised program of strength based exercise utilising Pilates principles.

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

FIT BACKS MAT PILATES & PHYSIO PERSONAL TRAINING

10 week terms

Fit Backs Mat Pilates 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.

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

Physio Personal Training (PPT): classes of up to 3 will improve strength, fitness & promote rehabilitation in our outdoor gym. Applies pilates principles & your exercise goals in a personalised workout using equipment such as weights, VIPR, TRX, medicine & gym balls, steps, rollers, skipping rope, resistance bands & bosu.

CLASS TIMES	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
12.30-1.30pm		Intermediate	Beginner	Advanced	
12.30-1.30pm			PPT		PPT
4.00-5.00pm	PPT				
5.00-6.00pm	Advanced 5.15pm		Pre-Natal	Beginner 5.30pm	Beg/Intermediate 5.30pm
6.00-7.00pm			PPT	Intermediate 6.30pm	
7.00-8.00pm			Beg/Intermediate 7pm		

MAT & PPT CLASS TERM DATES

Term 4 2013	Monday 14 th October to Friday 20 th December
Term 1 2014	Monday 3 rd February to Friday 11 th April
Term 2 2014	Monday 28 th April to Friday 4 th July
Term 3 2014	Monday 14 th July to Friday 19 th September
Term 4 2014	Monday 13 th October to Friday 19 th December

FIT BACKS EQUIPMENT PILATES

start anytime

Equipment Pilates provides individual exercise programs using a trapeze table, wunda chair, reformer & barrels as well as weights, rollers, resistance bands, balls, with your physio as instructor.

Group Sessions: morning and evening classes of 3 run for an hour and lunch sessions of 2 run for 45 mins. Our small personalised classes enable heaps of feedback & more effective results.

Private pilates equipment or PPT sessions can be booked during usual clinic hours. Mon - Sat.

GROUP EQUIP CLASSES	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
MORNING		7 - 8am (3)			7 - 8am (3)
					10 - 11am (3)
					11am - 12pm (3)
LUNCH	12 - 12.45pm (2)			12 - 12.45pm (2)	
	12.45 - 1.30pm (2)			12.45 - 1.30pm (2)	
	1.30 - 2.15pm (2)			1.30 - 2.15pm (2)	
EVENING			5 - 6pm (3)	5 - 6pm (3)	
	6.30 - 7.30pm (3)		6 - 7pm (3)	6 - 7pm (3)	
				7 - 8pm (3)	

COSTS

- **Fit Backs Mat Pilates:** 10 week course - \$250 Beginner, Intermediate & Advanced
- **Fit Backs Pre-Natal Mat Pilates:** 10 week course - \$250 or \$28 per class for casual visits
- **PPT:** 10 week course - \$480 (Optional trial class \$52)
- **Pilates Equipment Classes:** 10 pack - \$480pp (valid for 6 months) or \$52pp casual visit
NB: Lunch (2 persons): 45mins. Morning & Evening (3 persons): 60mins.
- **Private Pilates or PPT Session:** ½ hr: \$75 or 1hr: \$120
- **Group Privates Pilates or PPT:** 45 mins & 1hr prices vary (please ask for details)

Initial consults:

*An Initial Consultation is mandatory for students joining Fit Backs Classes for the 1st time.

½hr: \$85 - for those without current injury: Movement & posture assessment & education of core activation.

1hr: \$130 - 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
"physiotherapy initial consult" or "physiotherapy group session".**

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

Our Fit Backs Pilates & Personal Training classes advance each week to ensure individual progression. We do understand that people may need time off and miss classes due to work pressure, 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.

Mat Pilates & PPT Classes only

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.

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

Refunds cannot be provided once term has begun.

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

Make-up classes: Our receptionist is responsible for all make-up class bookings which are subject to availability in the alternate class.

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

We look forward to you joining our fabulous classes!