



Maroubra Dynamic Physiotherapy



AUSTRALIAN PHYSIOTHERAPY ASSOCIATION

MEMBER

Dear Pilates Client,

The team at Maroubra Dynamic Physiotherapy would like to take this opportunity to inform you of some changes to the team and the running of the studio in commencing your core strengthening programme. All physiotherapists working in the practice are trained in Pilates.

Maroubra Dynamic Pilates Studio continues to grow and to help everyone achieve their goals we have accommodated this by expanding the schedule with more classes. Please refer to the new timetable below.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00						
6:30		Equipment			Equipment	
7:00	Equipment					
7:30		Equipment			Equipment	Equipment
8:00	Equipment		Equipment	Equipment		
8:30		Mat Class			Equipment	Equipment
9:00	Equipment		Equipment	Equipment		
9:30	Equipment	Mat Class			Equipment	Mat Class
10:00	Equipment		Equipment	Equipment		
10:30						
11:00		Body and Bone	Body and Bone			
4:00			Equipment			
4:30	Equipment	Equipment				
5:00			Equipment			
5:30	Equipment	Equipment		Equipment		
6:00			Equipment			
6:30	Equipment	Equipment		Equipment		
7:00			Mat Class			

Equipment Classes – Please be sure to book in advance as only maximum 4 clients per class (pre-assessment essential)

Mat Classes – Please book in advance as only maximum 10 clients per class

Cancellation Policy – 24 hours notice must be given for cancellation of any class otherwise a full cancellation fee will apply

PRICE LIST – EQUIPMENT CLASSES

Initial Class – \$50 Limit 1

10 Visit Pass – \$420.00 deposit paid in full up front for 10 visits (\$42.00 per class)- Flexible class.

5 Visit Pass – \$210.00 deposit paid in full up front for 5 visits (\$42 per class) - Flexible class

Permanent Position – \$380 deposit paid in full up front for 10 visits or \$190 for 5 visits. Must attend same class time/day each week (dependant on current availability). Must have already completed one 10 visit pass.

Individual 1:1 Tuition – Private session with physiotherapist \$145 for 1 hour session. Must be outside of the Pilates scheduled times so full use of equipment is available.

*Please collect your receipt from reception. A Block of 10 visits can be claimed after each attendance by going to your health fund (Please note we do not claim from Hicaps for your classes).

***Please note not all health funds cover Pilates classes.**

For after reception hours please collect your receipt from the black box in the Pilates Studio.

*Please remember no refunds can be given on deposits

All classes attended MUST HAVE A DEPOSIT

REAL-TIME ULTRASOUND

Am I activating my core correctly? This question can be answered simply by carrying out a session with the Real-Time Ultrasound. This allows yourself and the physiotherapist to view the activation of the core musculature and pelvic floor to ensure correct technique. **Cost: \$80 (30 minute) \$135 (1 hour)**

PRICE LIST – MAT/

Initial Visit - \$25 - Limit 1

10 Visit Pass - \$200 deposit paid in full up front for 10 visits (\$20 per class)

***Please note not all health funds cover group mat work**

If you are unable to attend a scheduled Pilates class due to holidays etc. can you please inform the practice so you are taken out of your booking. There is a holiday sheet in the Pilates studio that should be completed for any scheduled absences from your usual schedule. The **Maroubra Dynamic team** hopes that these changes will help you to achieve all your goals for Pilates. If you have any questions or concerns please do not hesitate to ring the clinic on **(9344-7533)**.