



Pilates Sessions – Term 1, 2011

In our recently expanded Studio, we will be holding 7 Mat classes a week and numerous Studio sessions (equipment workouts), held by Polestar Rehabilitation Pilates Instructors & Physiotherapists; Sarah and Beth. Once our final Studio renovations are completed, more session times will be added to the timetable.

See further down the page for more information regarding **Studio** versus **Mat** sessions.

TIMETABLE from Monday 31st January: (*=Sarah, #=Beth, ^=Katina)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
730am STUDIO#		730am STUDIO*	730am STUDIO*	730am STUDIO#	
830am STUDIO#		830am STUDIO*	830am STUDIO*	830am STUDIO#	8am ADV MAT^
930am STUDIO#		930am STUDIO*	930am STUDIO*	930am STUDIO#	9am MAT^
1030am STUDIO#	1030am STUDIO#	1030am STUDIO*	1030am MAT*	1030am STUDIO#	
	1130am STUDIO#			1130am STUDIO#	
1pm STUDIO#	130pm STUDIO#	130pm STUDIO#	130pm STUDIO*		
2pm STUDIO#	230pm STUDIO#	230pm STUDIO#	230pm STUDIO*		
3pm STUDIO#	330pm STUDIO#	330pm STUDIO#			
4pm STUDIO#			4pm STUDIO*		
5pm MAT*	5pm STUDIO#	5pm STUDIO#	5pm STUDIO*		
6pm MAT*	6pm STUDIO#	6pm STUDIO#	6pm STUDIO*		
7pm Adv MAT*	7pm STUDIO#	7pm STUDIO#	7pm Adv MAT*		

- Studio Sessions: Late cancellation short of 3 hours & no-show fees are the **full cost of the session**.
- Studio Sessions: can be booked as either a Private (one on one) or Semi Private (3 people). The availability of session times each week will be determined by those who book in first.
- All class times are subject to availability.
- MAT: We require payment for the full term. Any missed Mat classes can be made up during Term 1. Limited to 10 people.

MAT classes (\$22 per class) are held by Sarah (*) and Katina (^), and will be limited to 10 people, which will be on a 'first in best dressed' basis when paid in full. Please bring a towel or mat to each class. Mat classes will be designed at the level of those who attend.

STUDIO sessions will be held by Sarah and Beth (as indicated by * or #). Please bring fresh socks and a towel to all sessions. If you forget to bring your own socks, we sell **Pilates Gripper socks**, which is essential for both safety and hygiene reasons.

Studio costing (per session): Please note that a Mat or Studio Assessment is required prior to starting.

- Studio Assessment \$99 (1 hour, **Real Time Ultrasound Assessment** & program set-up)
- Mat Assessment \$55 (30min injury screening and grading)
- Private (one on one) \$89
- Semi-private (3 people maximum) \$44
- Semi-private Book of 10 \$390 (\$39 per class, no expiration or use-by date)
- Duet (2 people only) \$55

Workers compensation and CTP programs are also available depending on referral and approval.

Health Fund Rebates All studio and Mat classes are eligible for rebates from your health fund (if you are covered for physiotherapy). Contact your health fund for more details.

Please call if you have any questions – 9546 6880.