



Fee schedule

Osteopathic Services:

Initial consultation	\$90.00
Standard consultation	\$80.00
Exercise therapy consultation	\$90.00
Prolonged consultation	\$120.00

for exercise programs pricing see Exercise Therapy

Physiotherapy Services:

Initial consultation	\$80.00
Standard consultation	\$70.00

Exercise Physiology (including the Pilates Method):

Consultations	\$90.00
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Programs utilise Pilates, Whole Body Vibration and Rehabilitation exercise to address specific goals such as weight loss, fitness, anti-aging, reducing pain, tension and stiffness, pre and post natal care and injury recovery.

Exercise Programs start with one or more consultations and then continue under shared supervision with exercise physiologists trained in the Pilates Method.

Because our exercise programs are supervised by exercise physiologists, most health funds pay over 60% rebates.

Flexible attendance Monday to Saturday.

Exercise Programs (Exercise Physiology with Pilates)*:

5, 10 and 20 session programs valid for 3 months

	Per session	Program pricing
1 shared session	\$40.00	—
5 shared sessions	\$33.00	\$165.00
10 shared sessions	\$30.00	\$300.00
20 shared sessions	\$27.50	\$550.00

Pilates Mat and Small Group Exercise Physiology Classes*:

Per class	\$18.00
10 classes	\$150.00

Classes are for people of average or better fitness who want a core focus and to lengthen, strengthen and relax their body. Classes held during school terms in Kiama and Jamberoo Monday to Saturday at fixed times.

*Conditions apply

Please ask about rebates under Medicare (Enhanced Primary Care Programs), Department of Veterans Affairs and WorkCover/MVA accident insurance.

By appointment only. Effective January 2012.