

Osteopathic Services:

Initial consultation	\$95
Standard consultation	\$82/\$77
Prolonged consultation	\$130

Physiotherapy Services:

Initial consultation	\$95
Standard consultation	\$82/\$77

Dietitian Services:

Initial consultation	\$95
Standard consultation	\$77

T2 Diabetes Group/8 week Challenge: \$295

Bulk billed if referred by GP (ask us for information)
 If you have or are at risk of having T2 Diabetes your GP can refer you and you only pay the gap for the initial consultation. This program is also suitable for those wanting sustainable weight control with expert guidance from a dietitian and exercise physiologist. Rebates are available under Medicare EPCs and private health funds.

Massage:

Standard consultation (1 hour)	\$82
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Exercise Physiology (incorporating Pilates):

Use this service for intensively supervised exercise programs to aid recovery from pain and arthritis, joint and muscle injuries, osteoporosis, fall prevention, post surgery or pregnancy and after baby arrives. Exercise physiologists also assist with weight management, diabetes, heart disease and depression often using a combination of consultations and home exercise programs which are tailored to your lifestyle and budget. To start, book a consultation. If you're seeking help with pain or injury, consider a consultation with one of our Physiotherapists or Osteopaths to provide treatment and/or advise on exercise design.

Individual consultations	\$95
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Shared Consultations*:

5, 10 and 20 consultation programs valid for 3 months

	Per consultation	Program pricing
1 shared consultation	\$55	-
5 shared consultations	\$44	\$220
10 shared consultations	\$38	\$380
20 shared consultations	\$35	\$700

*Conditions apply.

Rebates are available for Osteopathy, Physiotherapy, Dietetics and Ex Physiology under Medicare (enhanced care plans) DVA, WorkCover, MVA accidents and most private insurance.

By appointment only. Effective January 2017.



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Leaders in Health Care and Fitness

Fitness

Fitness Gym and Personal Training:

Solutions fitness programs are designed by exercise physiologists and personal trainers to ensure they are effective and safe; challenging and enjoyable.

Please review our timetable available on the website or at the Centre for details of our small group classes. Classes are colour coded to indicate intensity. Pilates Mat classes also included.

Workouts involve cardio, strengthening, core and flexibility using machines and floor exercise equipment. Generally, workouts last 45-60 minutes though can be shorter if desired.

Rebates available under private health insurers lifestyle/gym categories. Accredited with Fitness Australia.

Initial Consultation and Coaching Session \$95

(Claimable on the spot through most health funds).

All gym clients have an initial 1 hour consultation with an exercise physiologist or personal trainer. The consultation includes a health and fitness assessment, program design to meet your goals and an introduction to our equipment and timetable.

After the initial consultation, choose from one of the following options for full gym privileges, access to all classes including Pilates.

	Qty	Cost
Casual	1	\$20
10 Visit Pass	10	\$170
Personal Training (30 minute session)	5	\$270
	10	\$495
Personal Training (60 minute session)	5	\$370
	10	\$595

Upfront payment options:

Direct Debit (per fortnight*)	\$59
3 month package (save \$35)	\$349
12 month package (save \$275)	\$1259

*by direct debit; no lock in contracts; can be suspended or cancelled with 2 weeks notice. Conditions apply.

Small Group Exercise Physiology Classes (incorporating Pilates):

Classes are for people of average or better fitness who want a core focus and to lengthen, strengthen and relax their body. See our timetable for class times. Book in as we limit our class sizes. To start, book a consultation with an exercise physiologist.

Per class	\$20
10 classes	\$170