

Gulgong Pilates Studio Timetable

Term 1: 29 January 2018 – 6 April 2018

	Monday		Tuesday		Wednesday		Thursday		Friday	
	Fitness	Pilates Studio	Fitness	Pilates Studio	Fitness	Pilates Studio	Fitness	Pilates Studio	Fitness	Pilates Studio
6:30am			Bootcamp (Alison)							
		Pilates Studio (Mel/Liz)				Pilates Studio (Mel/Liz)				Pilates Studio (Bec) \$20pp no claim
4:30pm								Pilates Studio (Greg) \$20pp no claim		
5:30pm								Pilates Studio (Greg) \$20pp no claim		
6:00pm		Pilates Studio (Bec) \$20pp no claim								
6:30pm								Pilates Studio (Greg) \$20pp no claim		

Are you a member of our 24/7 gym yet?

Physiotherapy hours

Monday: 7:00am - 1:00pm (Liz/Mel)
 Tuesday: 8:00am – 5:30pm (Hamish)
 Wednesday: 7:00am - 1:00pm (Liz/Mel)
 Thursday: 1:30pm - 6:45pm (Hamish)
 Friday: 7:00am - 1:00pm (Liz/Mel)



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Description of Classes

Pilates Studio: Small classes of 3-5 participants using the Pilates studio equipment. If available this session may be booked as a private or a duet. **Bookings essential.**

General Information

Duration of all classes: 60 mins.

Pilates Studio Cost: For Physiotherapist lead classes \$27pp/class, \$40pp /duet, \$90 private. For Pilates and Fitness Instructor lead classes \$20pp/class, \$33 pp/duet, \$60 private. For physiotherapist lead classes a \$20 cancellation fee applies for all cancellations made with less than four (4) hours notice and the full fee applies for non-attendance. For Pilates and Fitness Instructor lead classes a \$15 cancellation fee applies for all cancellations made with less than four (4) hours notice and the full fee applies for non-attendance.

Bootcamp: Great for those wanting to improve their cardio fitness and strength. Term 1 Bootcamp will commence Tuesday 30th January 2018 and run for 11 weeks, \$10 per session for non-gym member, \$8 per class for gym member. Term payment required upfront.

Health Fund Rebates: Immediate health fund claiming using HICAPS can only be made for classes lead by a physiotherapist. Other health fund rebates may be available through your health fund eg, Pilates programmes, gym memberships and healthy lifestyle type programmes. Please refer to your specific health fund to see what you may be entitled to.

Contact: Phone: 6374 2330. Email: info@countryphysio.com.au. 102 Herbert St Gulgong.

Term 4 Timetable: Commences Monday 29 January until Friday 6 April 2018.

24/7 Gym Fees					
Term	Upfront pre-payment		Direct debit payment		
	Total cost	Per week	Total cost	Per week	Per fortnight
12 months	624	12	676	13	26
6 months	351	13.50	364	14	28
3 months	188.50	14.50	195	15	30
Casual	\$13	N/A		N/A	
1 month	\$64	N/A		N/A	