

Gulgong Pilates Studio Timetable

Christmas Holidays 2018: 15 January 2018 – 25 January 2018

	Monday		Tuesday		Wednesday		Thursday		Friday	
	Fitness	Pilates Studio	Fitness	Pilates Studio	Fitness	Pilates Studio	Fitness	Pilates Studio	Fitness	Pilates Studio
7:00am		Pilates Studio (Mel)				Pilates Studio (Mel)				Pilates Studio (Bec) \$20pp no claim 19/1/18 ONLY
4:30pm								Pilates Studio (Greg) \$20pp no claim		
5:30pm								Pilates Studio (Greg) \$20pp no claim		
6:00pm		Pilates Studio (Bec) \$20pp no claim 15/1/18 ONLY								
6:30pm								Pilates Studio (Greg) \$20pp no claim		

Can't make a class? Why not join our 24/7 Gym instead!

Physiotherapy hours

Monday: 7:00am - 5:00pm

Tuesday: 1:30pm - 6:00pm

Wednesday: 7:00am - 12:00pm

Thursday: 8am – 6:00pm from 29/1/18

Friday: 7:00am - 12:00pm

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	

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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.

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.

Holiday Timetable: Commences Monday 15 January until Thursday 25 2018.

