

## Gulgong Pilates Studio Timetable

### Term 2: 30<sup>th</sup> April 2018 – 6<sup>th</sup> July 2018

|        | Monday |  | Tuesday              |                | Wednesday |                         | Thursday |   | Friday |  |
|--------|--------|--|----------------------|----------------|-----------|-------------------------|----------|---|--------|--|
|        |        | Pilates Studio                             | Fitness              | Pilates Studio |           | Pilates Studio          |          | Pilates Studio                              |        | Pilates Studio                             |
| 6:30am |        |  | Bootcamp<br>(Alison) |                |           |                         |          |   |        |  |
| 7:00am |        | Pilates Studio<br>(Mel)                    |                      |                |           | Pilates Studio<br>(Mel) |          |   |        | Pilates Studio<br>(Bec)<br>\$20pp no claim |
| 4:30pm |        |  |                      |                |           |                         |          | Pilates Studio<br>(Greg)<br>\$20pp no claim |        |  |
| 5:30pm |        |  |                      |                |           |                         |          | Pilates Studio<br>(Greg)<br>\$20pp no claim |        |  |
| 6:00pm |        | Pilates Studio<br>(Bec)<br>\$20pp no claim |                      |                |           |                         |          |   |        |  |
| 6:30pm |        |  |                      |                |           |                         |          | Pilates Studio<br>(Greg)<br>\$20pp no claim |        |  |

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

#### Physiotherapy hours

Monday: 7:00am - 12:00pm

Tuesday: 8:00am – 12:00pm 1:00pm – 5:30pm

Wednesday: 7:00am - 12:00pm

Thursday: 1:30pm - 6:45pm

Friday: 7:00am - 12:00pm



# Gulgong Pilates Studio Timetable

## Term 2: 30<sup>th</sup> April 2018 – 6<sup>th</sup> May 2018

### 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.**

**Bootcamp:** Great for those wanting to improve their cardio fitness and strength. This is a group fitness class that incorporates a range of body weight, equipment and movement activities designed to both challenge and improve general fitness.

### 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:** Term 2 Bootcamp will commence at the Gulgong High School Gymnasium on Tuesday 1<sup>st</sup> May 2018 and runs for 10 weeks. Term payment required upfront - \$88 for Gym members, \$110 for non Gym members, \$44 for Fitness Passport Holders. Single session: \$13

**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 e.g., Pilates programs, gym memberships and healthy lifestyle type programs. Please refer to your specific health fund to see what you may be entitled to.

**Contact:** Phone: 6374 2330. Email: [info@countryphysio.com.au](mailto:info@countryphysio.com.au). 102 Herbert St Gulgong.

**Term 2 Timetable:** Commences Monday 30<sup>th</sup> April until Friday 6<sup>th</sup> May 2018.

**Gulgong also has a 24 hour gym facility, so if you're looking for more than classes, call in and join today.**

| 4/7 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      |               |