

FIT BACKS CLASSES CLINICAL PILATES & PRE-NATAL PILATES



Fit Backs Clinical Pilates are low intensity matwork Pilates instructed by Therapy Max Physiotherapists. Class size is limited to 10 & workouts are progressed gradually over 10 weeks.

They are an ideal workout to improve core strength, posture & conditioning to assist injury prevention or rehabilitation. Suitable for all fitness levels, from beginner to intermediate & advanced.

Fit Backs Pre-Natal Pilates Suitable during pregnancy from 8 weeks, this class will help maintain fitness.

LOCATION: Therapy Max exercise room (opp basketball court)

Cook + Phillip Aquatic Fitness & Centre, College St Sydney.

Ph: 9356 3877 www.therapymax.com.au reception@therapymax.com.au

CLASS TIMETABLE

CLASS TIME	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
12.30-1.30pm	Beginner	Intermediate/Adv	Intermediate	Advanced	Beg/Intermediate
5pm-6pm			Beginner		
5.30-6.30pm	Intermediate 5.15pm			Pre-Natal	
6.30-7.30pm				Intermediate	
7.30-8.30pm				Beginner	

TERM DATES: there is 4 x 10 week terms each year

Term 3, 2010	Monday 19 th July to Fri 24 th September
Term 4, 2010	Monday 11 th October to Friday 17 th December
Term 1, 2011	Monday 31 st January to Friday 8 th April
Term 2, 2011	Monday 2 nd May to Friday 8 th July (Mon are 9 week term due to PH on 13/6)
Term 3, 2011	Monday 18 th July to Friday 23 rd September
Term 4, 2011	Monday 10 th October to Friday 16 th December

Pilates Class Which class to join

- * **Beginner:** Little/no Pilates experience or assisting injury recovery.
 - * **Intermediate:** Completed beginner course with advanced technique or long history of Pilates.
 - * **Advanced:** Have completed Intermediate course.
 - * **Pre-Natal:** To maintain strength & posture through pregnancy.
- * Beginner & Pre-Natal Pilates clients require an initial consult with an instructor.

COST:

Fit Backs Pilates: Beginner, Intermediate & Advanced 10 week courses - \$210

Fit Backs Pre-Natal Pilates: 10 week course - \$210 or \$25 per class for casual visits

***An Initial Consultation & Assessment is mandatory for students joining Fit Backs Classes for the 1st time**
 - **\$65 for ½ hr - for those with no current injury:** Movement & posture assessment & education of core activation.
 - **\$110 for 1 hr - required for those with a current injury:** Movement & posture assessment & education of basic core activation & injury history to give instructor understanding of your individual needs.

NB: Private Health Fund rebates for classes are available under "physiotherapy group session".



Cook + Phillip's Rehabilitation & Sports Injury Centre

Fit Backs Class Guidelines & Conditions
for Fit Backs Beginner, Intermediate & Advanced Pilates & Pre-Natal Pilates

Our Fit Backs Classes are designed to build strength, flexibility & postural awareness and as such, they are run as a progressive 10 week course. Each week, class exercises advance so that individual improvement continues. For this reason, we encourage you to attend your class each week, so that you notice the changes.

We do understand that people may need time off and miss classes due to work pressure, holidays & sickness. Therefore we have drawn up this policy document so you understand what options are available to you.

Confirmation of your place in a class & payments

Your place in one of our Fit Backs Classes will only be confirmed on:

1. Booking a class time and
2. Payment of a deposit (\$50) or full payment (\$210).

Furthermore, you may not commence the term until full payment has been provided.

Unable to attend a class

If you know *prior to commencement of term* that you cannot attend a class and *provide the dates* that you will be missing, then Therapy Max will not charge you for up to 2 classes only, that you will miss. No refund will be provided for classes you are unable to attend, once term has commenced. Classes cannot be transferred to later terms.

Insufficient numbers & class cancellation

Class commencement is dependent upon sufficient confirmed bookings. Classes are limited to 10 participants but Therapy Max will cancel classes with less than 6 confirmed bookings. Therapy Max will contact you in the week prior to commencement of term if there are insufficient numbers to undertake your preferred class.

The following applies to beginner, intermediate & advanced Pilates, but not Pre-Natal classes:

Moving to a different class & make-up classes

You are entitled to 2 make-up classes each term. You *must* give Therapy Max prior notice of non-attendance with your usual class if you wish to arrange a make-up class. This booking will be subject to availability in the alternate class. Make-up classes must be taken within 7 days of the missed class.

Failures to give us prior notice of your non attendance in your regular class will forfeit your right to do a make-up class for that missed week.

Please contact our receptionist to arrange an alternate make-up class. Our Therapists & Instructors are not authorised to book the make-up class for you.

Please contact us via email reception@therapymax.com.au or **ph: 9356 3877** if you have any questions regarding these conditions or wish to book your Fit Backs Class.

We look forward to you joining a class!