

## FIT BACKS PHYSIO PILATES



Fit Backs Physio Pilates classes are designed & instructed by physios for the needs of participants. Ideal for injury prevention or rehab and to improve mobility, strength, posture, coordination & balance.

**LOCATION:** Therapy Max exercise rooms (opp basketball court)  
Cook + Phillip Aquatic Fitness & Centre, 4 College St Sydney.  
**FOR BOOKINGS:** ph **02 9356 3877** or email: [reception@therapymax.com.au](mailto:reception@therapymax.com.au)

### PILATES MAT & NEW AQUATIC CLASSES

There is 4 x 10 wk terms each year

**Fit Backs Mat Pilates** challenges you with floor & standing exercises, utilising resistance bands, foam rollers and balls and is progressed gradually over 10 weeks in a personalised class size.

**Pre-Natal Mat Pilates** is joined from 8 weeks of pregnancy to help maintain fitness & wellbeing.

**Aquatic Class** provides stability & strength, using noodles, dumbbells in warmth of the hydro pool (34°C).

MAT CLASS TIME	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
12.30-1.30pm	Beginner	Beg/Intermediate	Beginner	Advanced	Aquatic exercise (TBC)
5.00-6.00pm			Beginner		
5.30-6.30pm	Int/Advanced 5.15pm			Pre-Natal	
6.30-7.30pm				Intermediate	
7.30-8.30pm				Beginner	

### MAT CLASS TERM DATES (usually 10 week terms)

<b>Term 1, 2012</b>	Monday 30 <sup>th</sup> January to Thursday 5 <sup>th</sup> April
<b>Term 2, 2012</b>	Monday 23 <sup>rd</sup> April to Friday 29 <sup>th</sup> June
<b>Term 3 2012</b>	Monday 16 <sup>th</sup> July to Friday 21 <sup>st</sup> September
<b>Term 4 2012</b>	Monday 8 <sup>th</sup> October to Friday 14 <sup>th</sup> December

### PILATES EQUIPMENT

Individualised program; start anytime

**Equipment Pilates** are individual exercise programs using mats, trapeze table, wunda chair, reformer, weights, resistance bands, balls, barrels and other bits with your physio as instructor. In **Group Sessions**, morning and evening classes of 3 run for an hour and lunch sessions of 2 run for 45 mins. Our small classes enables heaps of feedback & more effective results. Our **Private Sessions** provide personalised guidance and can be booked during usual work hours: 7am-7pm M-F or 2-5pm Sat.

EQUIP CLASSES	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
EARLY		7- 8am (3)			7- 8am (3)
EARLY					10-11am (3)
LUNCH	12 - 12.45pm (2)			12-12.45pm (2)	
LUNCH	12.45 - 1.30pm (2)			1- 1.45pm (2)	
LUNCH	1.30 - 2.15pm (2)				
EVENING	6.30 - 7.30pm (3)		6 - 7pm (3)	6pm - 7pm (3)	

Pilates Class	Which class to join
* <b>Equipment:</b>	Need an individual program to target your needs more specifically. Start anytime
* <b>Mat Beginner:</b>	Little/no Pilates experience or assisting injury recovery.
<b>Mat Intermediate:</b>	Have completed beginner with advanced technique or have a long history of Pilates.
<b>Mat Advanced:</b>	Have completed Intermediate course.
* <b>Mat Pre-Natal:</b>	To maintain strength & posture through pregnancy.
* <b>Aquatic class:</b>	for the increased pain relief and a gentler workout
<ul style="list-style-type: none"> <li>• Equipment, Aquatic, Beginner &amp; Pre-Natal Pilates mat clients require an initial consult. See costs below</li> </ul>	

## COSTS

- **Fit Backs Mat Pilates:** Beginner, Intermediate & Advanced 10 week courses - \$210
- **Fit Backs Pre-Natal Mat Pilates:** 10 week course - \$210 or \$25 per class for casual visits
- **Equipment Pilates Group Sessions:** \$50pp casual or \$450pp for 10 sessions  
NB: Lunch (2 persons)- 45 mins. Early & Evening (3 persons): 1hr
- **Private Pilates Session:** ½ hr \$70 or 1 hr \$115 each

**NB: Health Fund Rebates for classes are available under "physiotherapy group session".**

### Initial consults:

\*An Initial Consultation is mandatory for students joining Fit Backs Classes for the 1<sup>st</sup> time.

½ hr: **\$75 - for those with no current injury:** Movement & posture assessment & education of core activation.

1 hr: **\$125 - 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: Health Fund Rebates for consults are available under "physiotherapy initial consult".**

## Fit Backs Pilates Mat & Equipment Class Guidelines & Conditions

Our Fit Backs Pilates Classes are designed to build strength, flexibility & postural awareness and as such, they are run as a progressive 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 our policy 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. Full payment prior to starting

Early payment ensures your place in the class. Places in the class are filled in on a first paid, first in basis.

### Non Attendance or Late Notice of Cancellation

Failure to give us prior notice of your absence from your regular class by 9am on class day will forfeit your right to do a make-up class for that missed one. This applies for whatever reason you missed your class.

### Mat Classes only

#### Accommodating work commitments and holidays

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.

*Classes cannot be transferred to later terms. Refunds cannot be provided once term has begun.*

#### Insufficient numbers & class cancellation

Class commencement is dependent upon sufficient confirmed bookings one week prior to term starting. Therapy Max will cancel classes with less than 6 confirmed bookings. Therapy Max will contact you prior to commencement of term if there are insufficient numbers to undertake your preferred class.

#### Make-up classes for Fit Backs Mat beginner, intermediate & advanced Pilates

You are entitled to 2 make-up classes each term. You *must* give Therapy Max prior notice of a planned absence from your usual class if you wish to arrange a make-up class. This booking is subject to availability in the alternate class. 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.

*Make-up classes must be taken within that term and cannot be taken in future terms.*

#### Prenatal Pilates

Participants have no make-up class options available because there are no alternate classes. For this reason we have provided an option of joining as a casual participant.

Our receptionist can be contacted via email [reception@therapymax.com.au](mailto:reception@therapymax.com.au) or ph: **9356 3877**

We look forward to you joining a class!

[www.therapymax.com.au](http://www.therapymax.com.au)