

## FIT BACKS PHYSIO PILATES & PERSONAL TRAINING



Fit Backs Physio Pilates & Personal Training is designed & instructed by physios for the needs of participants. Therapy Max provides a unique variety of groups and classes at a level of challenge to suit all abilities. Ideal for injury prevention, rehabilitation and for improving mobility, strength, posture, coordination & balance.

**LOCATION: Therapy Max exercise rooms (by 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)**

CLASS/GROUP	WHICH ONE TO JOIN ?
<b>Beginner Mat Pilates</b>	Little/no Pilates experience or assisting injury recovery.
<b>Intermediate Mat Pilates</b>	Have completed beginner with confidence or have a long history of Pilates.
<b>Advanced Mat Pilates</b>	Functional rehab, Injury prevention & fitness. Challenging, with heaps of variety!
<b>Pre-Natal Mat Pilates</b>	Maintain strength & posture through pregnancy.
<b>Equipment Pilates</b>	An individual program to target your needs more specifically. Start anytime.
<b>Physio Personal Training</b>	Personalised strengthening/rehab program utilising pilates principles. Start anytime.

\*\* An initial consult is mandatory for students joining our classes for the 1<sup>st</sup> time. See costs below. \*\*

### FIT BACKS EQUIPMENT PILATES & PHYSIO PERSONAL TRAINING start anytime.....

**Group Equipment Pilates Sessions:** morning/evening sessions are 1 hr; lunch sessions are run for 45 mins. Our physio led personalised groups (2-3 persons) enable heaps of feedback & more effective results. Equipment provides greater muscular resistance, core strength & improved mobility & includes a trapeze table, wunda chair, reformer, barrels, weights, rollers, resistance bands, balance pads & balls.

**Group Physio Personal Training (PPT):** Hour long classes of up to 3 participants will improve strength, fitness & promote rehabilitation in the outdoor gym. It applies pilates principles & your rehab / exercise goals in a personalised workout using weights, VIPR, TRX, medicine & gym balls, steps, rollers, skipping rope, resistance bands & bosu.

**Private Equipment Pilates & PPT sessions** can be booked during usual clinic hours for 1-3 persons.

GROUP TIMES	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>MORNING</b>		7 - 8am (3)			7 - 8am (3)
		9 - 10am (3)			
		9.30 - 10.30am PPT		10.30 - 11.30am PPT	9.30 - 10.30am (3)
	11.15 - 12pm (2)	10 - 11am (3)			
<b>AFTERNOON</b>	12 - 12.45pm (2)	11.30 - 12.15pm (2)		12 - 12.45pm (2)	12.15 - 1pm (2)
	12.45 - 1.30pm (2)	12.15 - 1pm (2)		12.45 - 1.30pm (2)	12.30 - 1.30pm PPT
	1.30 - 2.15pm (2)	12.30 - 1.30pm PPT		1.30 - 2.15pm (2)	
	2.15 - 3.00pm (2)	1 - 1.45pm (2)			
<b>EVENING</b>	4 - 5pm PPT	2 - 3pm PPT	5 - 6pm (3)	5 - 6pm (3)	
	5.30 - 6.30pm (3)		6 - 7pm (3)	6 - 7pm (3)	
	6.30 - 7.30pm (3)		6 - 7pm PPT	7 - 8pm (3)	

## FIT BACKS MAT PILATES

10 week terms

**Fit Backs Mat Pilates** challenges you with floor & standing exercises, utilising resistance bands, foam rollers & balls and is progressed gradually over 10 weeks. Develops core & extrinsic strength in a fun, safe format.

**Pre-Natal Mat Pilates** join any time through pregnancy to maintain fitness & wellbeing with modified pilates.

CLASS TIMES	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
MORNING		Beg/Intermediate 7.00am			
LUNCH		Intermediate 12.30pm	Beginner 12.30pm	Advanced 12.30pm	
EVENING	Advanced 5.15pm	Pre-Natal 5.00pm		Beginner 5.15pm	
			Beg/Intermediate 7.00pm	Intermediate 7.15pm	

### MAT CLASS TERM DATES

<b>Term 1 2016</b>	<i>Monday 1<sup>st</sup> February to Monday 11<sup>th</sup> April (No class Monday 28<sup>th</sup> March)</i>
<b>Term 2 2016</b>	<i>Tuesday 26<sup>th</sup> April to Monday 4<sup>th</sup> July (No class Monday 13<sup>th</sup> June)</i>
<b>Term 3 2016</b>	<i>Monday 18<sup>th</sup> July to Friday 23<sup>rd</sup> September</i>
<b>Term 4 2016</b>	<i>Monday 10<sup>th</sup> October to Friday 16<sup>th</sup> December</i>

### COSTS

- **Mat Pilates:** 10 week course (1hr classes) - \$275 Beginner, Intermediate & Advanced
- **Pre-Natal Mat Pilates:** 10 week course (1hr classes) - \$275 or \$30 per class for casual visits
- **PPT:** 10 pack (1hr groups) - \$505pp (valid 6 months) or \$55pp casual visit
- **Equipment Pilates:** 10 pack - \$505pp (valid 6 months) or \$55pp casual visit  
NB: Lunch (2 person group): 45mins. Morning & Evening (3 person group): 60mins.
- **Private Pilates or PPT Session:** ½ hr: \$82 or 1hr: \$140
- **Private Group Pilates or PPT:** 45 mins & 1hr prices vary (please ask for details)

#### **Initial Assessment & Subsequent consults:**

An Initial Consultation is mandatory for students joining Fit Backs Classes/groups for the 1<sup>st</sup> time. Health funds may require regular follow-up consults to meet health fund requirements.

**½hr: \$95 - for those without current injury:** Movement & posture assessment & education of core activation. If initial assessment or re-evaluation subsequent consults.

**1hr: \$150 - for those with a current injury:** Your injury history and goal setting, movement & posture assessment & more comprehensive education of basic core activation & pilates foundations.

#### **Health Fund Rebates come under:**

**"Assessment consult", "group consult" for Equip Pilates & PPT and "class consult" for Mat Pilates.  
Please notify reception of you will be claiming through a health fund**

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

Our Fit Backs Pilates & Personal Training groups/classes advance each week to ensure individual progression. We understand that people may need time off and miss classes due to work, holidays & sickness. Therefore we have drawn up our policy so you understand what options are available to you.

**Make-up classes:** Reception is responsible for make-up class bookings, which are subject to availability.

#### **Non Attendance or Late Notice of Cancellation**

Failure to give us 24 hours prior notice of your absence from your regular class will forfeit your right to do a make-up class for that missed one. This applies for whatever reason you missed your class.

Notifying us promptly of a planned absence allows another person to take that class and ensures your physio can prepare for those who will be attending.

**Expiry:** Mat classes expire at end of each term. PPT & equipment Pilates 10 packs expire in 6 months.

#### **Extra Conditions for Fit Backs Mat Pilates**

**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, including make-up classes, cannot be transferred to later terms.**

**Refunds cannot be provided once term has begun.**

**Insufficient numbers to run mat classes:** Class commencement is dependent upon sufficient confirmed bookings just prior to term starting. We greatly appreciate prompt payment to ensure your class runs.

**Pre-Natal Mat Pilates:** We provide an option of joining as a casual participant, because participants have no make-up class options.