

## FIT BACKS PHYSIO CLASSES & PERSONAL TRAINING



Fit Backs Physio Classes & 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 OPTIONS

**Group Equipment sessions:** using physio expertise and clinical pilates principles, our physio led personalised groups (2-3 persons) enable heaps of feedback & more effective pain relief and rehabilitation. 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 groups of up to 3 participants will improve strength, fitness & promote rehabilitation in the outdoor gym. It applies clinical pilates principles & your rehab / exercise goals using VIPR, TRX, gym balls, steps, rollers, skipping rope, weights & resistance bands.

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

**Fit Backs Mat class:** using clinical pilates principles & physio expertise, we challenge 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.

Beginner: for assisting injury recovery.

Intermediate: completed beginner & have no acute pain.

Advanced: higher functional rehab, injury prevention & fitness. Challenging, with heaps of variety!

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

### COSTS

- **Fit Backs Mat Classes:** 10 week course (1hr classes) - \$290 Beginner, Intermediate & Advanced
- **Pre-Natal Mat Classes:** 10 week course (1hr classes) - \$290 or \$33 per class for casual visits
- **PPT:** 10 pack (1hr groups) - \$550pp (valid 6 months) or \$60pp casual visit
- **Group Equipment Classes:** 10 pack - \$550pp (valid 6 months) or \$60pp casual visit  
*2 person gp: 45mins; 3 person gp: 60mins*
- **Private Class or PPT Session:** ½ hr: \$90 or 1hr: \$160
- **Private Group Class or PPT:** 45 mins & 1hr prices vary (please ask for details)

### Initial Assessment

An Initial Consultation is mandatory for joining any of the classes for the 1<sup>st</sup> time.

Health funds may require regular follow-up consults to meet health fund rebate requirements.

**½hr: \$97 - for those without current injury:** Movement & posture assessment & education of core activation. If initial assessment or re-evaluation subsequent consults.

**1hr: \$165 - for those with a current injury:** Your injury history and goal setting, movement & posture assessment & more comprehensive education of basic core activation & pilates principles.

**Health Fund Rebates come under:**

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

## FIT BACKS MAT CLASS TIMETABLE

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH		Intermediate 12.30pm	Beginner 12.30pm	Advanced 12.30pm	
EVENING	Advanced 5.30pm			Beg/Intermediate 5.30pm	
			Beg/Intermediate 7.00pm		
MAT CLASS TERM DATES - 10 week terms					
<b>Term 1 2019</b>	Monday 28 <sup>th</sup> January to Friday 5 <sup>th</sup> April				
<b>Term 2 2019</b>	Monday 29 <sup>th</sup> April to Monday 8 <sup>th</sup> July (No class Mon 10 <sup>th</sup> June)				
<b>Term 3 2019</b>	Monday 22 <sup>nd</sup> July to Friday 27 <sup>th</sup> September				
<b>Term 4 2019</b>	Monday 14 <sup>th</sup> October to Friday 20 <sup>th</sup> December				

## GROUP EQUIPMENT CLASSES & PPT TIMETABLE.... start anytime

GROUPS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING</b>		7 - 8am (3)			7 - 8am (3)	
		7 - 8am PPT				
		9 - 10am (3)			9.30 - 10.30am (3)	9 - 10am (3)
		10 - 11am (3)		10.30 - 11.30am PPT		
	11.15 - 12pm (2)	11.30 - 12.15pm (2)		11.30 - 12.30pm PPT		11 - 12pm (3)
<b>AFTERNOON</b>	12 - 12.45pm (2)			12 - 12.45pm (2)	12.15 - 1.00pm (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)	1 - 1.45pm (2)	
	2.15 - 3.00pm (2)	1 - 1.45pm (2)				
<b>EVENING</b>	4 - 5pm PPT					
	4.30 - 5.30pm (3)	5 - 6pm (3)		5 - 6pm (3)		
	5.30 - 6.30pm (3)	6 - 7pm (3)	6 - 7pm PPT	6 - 7pm (3)		
	6.30 - 7.30pm (3)	7 - 8pm (3)		7 - 8pm (3)		

## Fit Backs Mat, Group Equipment and PPT class Guidelines & Conditions

Our Fit Backs Mat, Group Equipment & Personal Training 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.

### **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 & Group Equipment 10 packs expire after 6 months.

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

**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.

**Make-up classes:** please notify reception of any planned absence and to arrange a make-up class.

**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.