

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

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 1st time. See costs below. ****

COSTS

- **Fit Backs Mat Classes:** 10 week course (55min) - \$290 Beginner, Intermediate & Advanced
- **Pre-Natal Mat Classes:** 10 week course (55min) - \$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 1st 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
DAY	2pm				
EVENING		5.30pm		6pm	
		6:30pm			

MAT CLASS TERM DATES - 10 week terms	
Term 3 2021	Monday 12 th July to Friday 17 th September
Term 4 2021	Monday 4 th October to Monday 13 th December (No class Mon 4 th October)

GROUP EQUIPMENT & OUTDOOR PPT TIMETABLE.... start anytime						
GROUPS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING		7 - 8am (3)				
	10.15 - 11am (2)	9.30 - 10.15am (2)	9 - 9.45am (2)		9.00 - 9.45am (2)	9 - 10am (3)
	11 - 11.45am (2)	10.15 - 11am (2)		11.30-12.15 (2)	9.45 - 10.30am (2)	
LUNCH				12.15 - 1pm (2)	11 - 12pm PPT (3)	
	1.15 - 2pm (2)	1 - 1.45pm (2)	1 -1.45pm (2)			
EVENING	4.30 -5.30pm (3)	5 - 6pm (3)	4 - 5pm (3)			
		6 - 7pm (3)		5.30 - 6.30pm (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.

COVID-19 Precautions

We are a Covid-Safe Workplace, practicing strict hygiene; ongoing cleaning & social distancing precautions.

Towel - bring your own towel please or hire one of ours (\$2) for each mat class.

Mats - we will provide mats & will ask you to wipe over after class. You are welcome to bring your own mat. The group fitness studio has covid-safe limit of 12 people.