

## 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 classes and levels 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)**

EXERCISE CLASS	WHICH CLASS TO JOIN
<b>Beginner Mat Pilates</b>	Little/no Pilates experience or assisting injury recovery.
<b>Intermediate Mat Pilates</b>	Have completed beginner with advanced technique or have a long history of Pilates.
<b>Advanced Mat Pilates</b>	Injury prevention and fitness. Fun, challenging classes 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 program of strength based exercise utilising Pilates principles.

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

### FIT BACKS MAT PILATES & PHYSIO PERSONAL TRAINING 10 week terms. Classes are 1 hour

**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.

**Physio Personal Training (PPT):** classes of up to 3 will improve strength, fitness & promote rehabilitation in our outdoor gym. Applies pilates principles & your exercise goals in a personalised workout using equipment such as weights, VIPR, TRX, medicine & gym balls, steps, rollers, skipping rope, resistance bands & bosu.

CLASS TIMES	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
7.00-8.00am		Beg/Intermediate			
12.30-1.30pm		Intermediate	Beginner	Advanced	
12.30-1.30pm			PPT		PPT
4.00-5.00pm	PPT				
5.00-6.00pm	Advanced 5.15pm		Pre-Natal	Beginner 5.15pm	
6.00-7.00pm			PPT		
7.00-8.00pm			Beg/Intermediate 7pm	Intermediate 7.15pm	

### MAT & PPT CLASS TERM DATES

<b>Term 2 2014</b>	Monday 28 <sup>th</sup> April to Friday 4 <sup>th</sup> July
<b>Term 3 2014</b>	Monday 14 <sup>th</sup> July to Friday 19 <sup>th</sup> September
<b>Term 4 2014</b>	Monday 13 <sup>th</sup> October to Friday 19 <sup>th</sup> December

## FIT BACKS EQUIPMENT PILATES

start anytime

**Equipment Pilates** provides individual exercise programs using a trapeze table, wunda chair, reformer & barrels as well as weights, rollers, resistance bands, balls, with your physio as instructor.

**Group Sessions:** morning and evening classes of 3 run for an hour and lunch sessions of 2 run for 45 mins. Our small personalised classes enable heaps of feedback & more effective results.

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

GROUP EQUIP CLASSES	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>MORNING</b>		7 - 8am (3)			7 - 8am (3)
		9.30 - 10.30am (3)			10 - 11am (3)
					11am - 12pm (3)
<b>LUNCH</b>	12 - 12.45pm (2)	11.30 - 12.15pm (2)		12 - 12.45pm (2)	
	12.45 - 1.30pm (2)	12.15 - 1.00pm (2)		12.45 - 1.30pm (2)	
	1.30 - 2.15pm (2)	1.00 - 1.45pm (2)		1.30 - 2.15pm (2)	
<b>EVENING</b>	5.30 - 6.30pm (3)		5 - 6pm (3)	5 - 6pm (3)	
	6.30 - 7.30pm (3)		6 - 7pm (3)	6 - 7pm (3)	
				7 - 8pm (3)	

### COSTS

- **Mat Pilates:** 10 week course - \$250 Beginner, Intermediate & Advanced
- **Pre-Natal Mat Pilates:** 10 week course - \$250 or \$28 per class for casual visits
- **PPT:** 10 week course - \$480 (Optional trial class \$52)
- **Equipment Pilates Classes:** 10 pack - \$480pp (valid for 6 months) or \$52pp casual visit  
NB: Lunch (2 persons): 45mins. Morning & Evening (3 persons): 60mins.
- **Private Pilates or PPT Session:** ½ hr: \$78 or 1hr: \$130
- **Group Privates Pilates or PPT:** 45 mins & 1hr prices vary (please ask for details)

#### Initial consults:

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

**½hr: \$90 - for those without current injury:** Movement & posture assessment & education of core activation.

**1hr: \$140 - 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  
"physiotherapy initial consult" or "group physiotherapy class".**

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

Our Fit Backs Pilates & Personal Training classes advance each week to ensure individual progression. 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.

#### 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.

#### **Mat Pilates & PPT 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, including make-up classes, cannot be transferred to later terms.*

*Refunds cannot be provided once term has begun.*

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

**Make-up classes:** Our receptionist is responsible for all make-up class bookings which are subject to availability in the alternate class.

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

**We look forward to you joining our fabulous classes!**