

**2024 CLASS SCHEDULE as 15/04/2024**

<b>MONDAY</b>		
9AM	GLAD PROGRAM	BREE
9AM	MATWORK PILATES	LIZ
10AM	SUPERVISED SESSION	BREE
11AM	PD FIGHT CLUB	BREE
2PM	GLAD PROGRAM	BREE
4PM	SUPERVISED SESSION	MITCH
5PM	SUPERVISED SESSION	MITCH
5PM	REFORMER REHAB	LIZ
6PM	MATWORK PILATES	LIZ
<b>TUESDAY</b>		
9AM	DVA GROUP SESSION	ALEISHA
9AM	MATWORK PILATES	LIZ
10AM	STRENGTH 4 LIFE	ALEISHA
11AM	BALANCE & AGILITY	ALEISHA
11.30AM	REFORMER REHAB	LIZ
2PM	SUPERVISED SESSION	BREE
4PM	STRENGTH 4 LIFE	ALEISHA
5PM	SUPERVISED SESSION	ALEISHA
<b>WEDNESDAY</b>		
9AM	GLAD PROGRAM	BREE
9AM	YOGA	CHLOE
10AM	REFORMER REHAB	BREE
10AM	PILATES GOLD DUO STUDIO	LIZ
11AM	SUPERVISED SESSION	ANDY
2PM	GLAD PROGRAM	BREE
4PM	REFORMER REHAB	MITCH
6PM	STRENGTH 4 LIFE	MITCH
<b>THURSDAY</b>		
9AM	MATWORK PILATES	LIZ
10AM	SUPERVISED SESSION	NED
11AM	BALANCE & AGILITY	NED
2PM	REFORMER REHAB	MITCH
5PM	SUPERVISED SESSION	LIZ
6PM	MATWORK PILATES	LIZ
<b>FRIDAY</b>		
9AM	GLAD PROGRAM	BREE
9AM	MATWORK PILATES	LIZ
10AM	STRENGTH 4 LIFE	ANDY
11AM	SUPERVISED SESSION	ANDY
1PM	REFORMER REHAB	LIZ
<b>SATURDAY</b>		
8AM	SUPERVISED SESSION	CLAIRE
9AM	STRENGTH 4 LIFE	CLAIRE
10AM	MATWORK PILATES	CLAIRE

■ **Kalamunda**  
1/13 Mead St  
08 9293 1800

■ **Exercise Right & Rehab**  
Shop 3/14 Mead St  
08 6500 1555



Reformer classes take place in reformer studio and require a 'class pass for the Reformer studio' see information below on payment options and class explanations.

**Hygiene and safety:** Bring a towel, water bottle, slip free socks. Wipe equipment after use. Hand sanitizer supplied.

**GYM CLASSES**

**Class Explanation:**

Matwork Pilates: Moderately fit people who want floor-based exercise (on padded mat) for spinal stability/mobility  
 Strength for Life: Low to moderately fit people using machine and free weights  
 Supervised Sessions: For those with their own program needing supervision/advice/progressions of exercise  
 Balance & Agility Class: Suitable for those with poor balance and a history of falls or near falls.  
 Virtual Class\* (coming soon): Pre-recorded exercise session running for 45 minutes telecast over the large screen in the studio.  
 DVA Class: Suitable for DVA card holders on a referral from their general practitioner.  
 PD Fight Club: Suitable for clients with Parkinson's disease or clients that need to be seated while exercising following a neuromuscular condition.

Membership Options for gym (All include independent access to the gym).	Class Passes for Gym:
Gold Member: \$40/week = 4 gym classes/week,	1 casual class access: \$29/class
Premium Member: \$35/week = 3 gym classes/week	5 pack of class = \$85 (i.e. \$17/class)
Standard Member: \$29/week = 2 gym classes/week	6 Pack of class = \$102 (i.e. \$17/class)
Basic Member: \$23/week = 1 gym class/week	10 pack of class = \$160 (i.e. \$16/class)
Studio Access Only: \$20/week (independent access to gym or reformer)	20 pack of class = \$300 (i.e. \$15/class)
Personal Trainer/ Personal Physio: \$150/hour	

**REFORMER PILATES CLASSES**

**Class Explanation:**

Reformer Rehab-Using Reformer Pilates beds for those clients with injuries requiring gentle rehabilitation.  
 Reformer Pilates-Using Reformer Pilates beds this is for clients without injuries needing a higher level of strengthening and agility.

Membership Options for Reformer Studio:	Class Passes for Reformer Studio:
<b>All include independent access to the gym.</b>	1 casual class access: \$35/class
Premium Member: \$47/week = 3 reformer classes/week	5 pack of class = \$125 (i.e. \$25/class)
Standard Member: \$38/week = 2 reformer classes/week	6 pack of class = \$150 (i.e. \$25/class)
Basic Member: \$29/week = 1 reformer class/week	10 pack of class = \$220 (i.e. \$22/class)
Studio Access Only: \$20/week (independent access to gym or reformer)	20 pack of class = \$400 (i.e. \$20/class)

**REBATES FOR ALLIED HEALTH DIRECTED EXERCISE CLASSES VIA CODE 502 (Exercise Physiology) AND 560 (Physio)**

Please see the new client form on our website for full cancellation policy, or you can get a copy from reception.

Early cancel: We will early cancel you from a class without penalty if you provide us with advanced notice of no less than 4 hours prior to the commencement of your class.

Late cancel: We will late cancel you when you do not give the minimum notice required of 4 hours prior to the commencement of your class, and you will have that class visit deducted from your class allowance.

**Reports for private health insurance claims can be provided on request. Classes are claimed using the following codes:**

Therapist	Treatment Code	Provider Number
Mitchell Forrest – Exercise Physiologist	502	5888652L
Bree Crockett – Exercise Physiologist	502	6454071F
Andy Li – Physiotherapist	560	6538263J
Ned Brennan – Physiotherapist	502	6664234Y
Liz Gordon – Pilates Instructor	N/A	N/A
Aleisha Giglia	N/A	N/A
Claire Gear	N/A	N/A
Chloe Beacon – Yoga Instructor	N/A	N/A

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