

WHERE

Kinetic Balance Health 1 Lovelock Drive,
Noarlunga Downs

WHAT

- 45 minute group class
- Maximum 6 people per class
- Supervised by a Physiotherapist
- Combining traditional Pilates equipment with gym based equipment.
- Individual program suited to your needs.

GETTING STARTED

1 Book an assessment

- You are required to do a Pilates assessment prior to attending the Pilates Plus class.
- This is a practical session using the Pilates equipment. The aim is to familiarise you with the equipment and develop your individual program.

2 1:1 sessions (optional)

- Optional 1:1 sessions to further orientate you to the equipment.

3 Book in to Pilates Plus group class

- Once you have completed your Pilates assessment you can book into the Pilates Plus class!
- Bookings can be made online or by calling the clinic.
- Exercise Programs will be provided at your first class.

WHEN

For class timetable please go to our website

WHAT TO BRING

- Water/drink for hydration
- Non slip socks are advisable on the Pilates equipment

PRICES & PAYMENT

Prices:

- Initial Assessment (45 min): \$105
- Group session (45 min): \$25 per class
- 1:1 session (45 min): \$105

Pay as you go:

- Classes can be paid for and claimed through Hicaps on the day of the class.

Class Packs

There is the option to pay in advance for your classes:

- 5 class pack (5% discount)
- 10 class pack (10% discount)

Private Health

- Once you have finished your class pack sessions we will provide you with an itemised statement that you can send to your private health fund.

Funding

- Sessions can be funded by NDIS, RTWSA, Motor Vehicle Insurance & DVA.

CANCELLATION POLICY

We ask that you be mindful of late cancellations and non attendance.

If you are unable to attend your class we ask that you give us **8 hours notice** where possible.

OTHER INFORMATION

Permanent Booking

- There is the option of booking a permanent session. Please enquire with reception.