

Clinical Exercise Group Prices

Individualised levels, the perfect exercise for:

- Improving posture and strengthening core
- Pregnancy and birth preparation
- Postnatal recovery
- Pelvic Floor Rehab
- Osteoporosis, balance and falls prevention

Claim on Health Insurance

NDIS, TAC, DVA and Workcover clients welcome



**Sticky socks must be worn at Clinical Exercise Group classes.
We give you your first pair for free if you purchase a
membership!**

Price per class

\$10

Introductory Option:

1 trial class for \$10

* Available once for new clients *

\$28

Easiest Option for Claiming on Private Health Insurance:

1 Casual Class for \$28.

* Claim your rebate at each class and you just pay the gap *

\$18

\$15

Best Value Options:

1 month of unlimited classes for \$180

3 months of unlimited classes for \$450

* Note rules for suspensions over page *

(price per session based on attending 10 times a month, you may attend as many times a month as you can fit in)

Unlimited Classes includes attendance at Independent Rehab where no Physio or instructor is present.

\$25

\$24

Most Flexible Options:

10 Card Pass \$250

20 Card Pass \$480

* Valid for 12 months *

All clients benefit from a Free PreClass Assessment~

- Learn correct recruitment of core and pelvic floor
- Health assessment to ensure classes meet your needs

To book:

Call: 5623 3306

Online: www.throughlifephysio.com.au

At Reception

Clinic and Class location:

100 Brandy Creek Rd, Warragul

The all-important fine print on Clinical Exercise Group class price options.

- ~ The Pre-Class Assessment is free when at the time of the assessment the client purchases either a 10 card, 20 card or unlimited classes pass. If the client does not wish to purchase classes at that time the assessment is charged for but may be claimed on private health insurance.
- To claim on Private Health Insurance, you may choose to pay the casual rate at each class and make use of HICAPS claiming. The class codes are 561, 595, or 596.
- You may also request a receipt to claim on private health insurance any of the other payment options.
- Price per class quoted against the pricing options of casual class, 10 card and 20 card options are accurate. Price per class quoted against unlimited classes options is based on the assumption that 10 groups are attended during the month. You may attend as many classes as you like in 1 month.
- You will see on our timetable that some Through Life Physiotherapy classes are regularly led by an Allied Health Assistant, Physio Cadet (Physio student in a paid role) or a fitness instructor, these classes are not claimable on private health insurance. These classes are charged at a cheaper rate if paid for casually per class. If attending these classes on a 10/20 card, you can attend 12/25 classes. These classes are included in unlimited memberships. At times, AHA/Cadet/Instructors will substitute for physios to cover periods of leave, clients will not be specifically notified of these changes.
- The 10 Class Pass is alternatively also valid for 5 Body and Brain Rehab groups. And the 20 Class Pass is alternatively also valid for 10 Body and Brain Rehab groups. This is an excellent option for people who need to change from one type of exercise group to another. For example, you may have done 4 Clinical Exercise Group classes when Body and Brain Rehab is determined by your physiotherapist to be more appropriate. The 6 classes you have remaining are alternatively valid for 3 Body and Brain Rehab groups.
- 24 hours' notice is required to cancel a class without payment.
- We understand life can be unpredictable, so we grant two 'free cancellations' for the times you may need to unexpectedly cancel.
- If you cancel a third time with less than 24 hours' notice you will be charged a \$10 fee, regardless of reason for cancellation. This fee must be paid before you attend your next class.
- The cancellation/no show fees also apply to clients who have clinical pilates classes funded through TAC, Workcover, DVA or any other third party. Please note third party payers will not pay a cancellation fee, you will be required to pay this yourself before your next class.
- The NDIS has a separate cancellation policy which is outlined in the NDIS service agreement.
- Suspending or ceasing your membership:
 - Must be requested in writing.
 - Are granted at the discretion of Through Life Physiotherapy management.
 - Are available if the client unexpectedly moves out of the area (more than 40km from Warragul)
 - Are available if the client is injured or has a medical condition where exercise in all forms offered by Through Life Physiotherapy is determined to be unsafe or detrimental.
 - Doctor's certificates may be submitted, but the final decision will be made by a Through Life Physiotherapy Physiotherapist as we are experts in exercise and health conditions.
 - Holidays are not included as a reason to suspend or cease your membership
- Unlimited 1-month or Unlimited 3-month Clinical Exercise Group memberships include attendance at any of our Independent Rehab classes.