

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

TAC, DVA and Workcover clients welcome



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

Price per class

\$10

Introductory Option:

1 trial class for \$10

* Available once for new clients *

\$25

Easiest Option for Claiming on Private Health Insurance:

1 Casual Class for \$25.

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

\$15

Best Value Option:

1 month of unlimited classes for \$150

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

\$13

3 months of unlimited classes for \$400

* Note rules for suspensions over page *

\$24

Most Flexible Option:

10 Card Pass \$240

20 Card Pass \$460

* Valid for 12 months *

\$23

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.
- Some Clinical Exercise Group classes are led by a fitness instructor, these classes are not claimable on private health insurance. These classes are charged at a slightly cheaper rate if paid for casually per class. Fitness instructor classes are included in all multiclass payment options for the same rate as classes led by physiotherapists. Sheryn Cutler is our only fitness instructor at time of printing. Classes that are regularly taken by Sheryn are recorded as such on the current class timetable on our website or available at the studio/clinic. At times Physiotherapists and Fitness Instructors will substitute for each other teaching classes 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 Clinical Exercise Group class without payment. Cancellation must be made by phone. No shows or late cancellations will incur a \$10 fee irrespective of the chosen payment method for classes. The \$10 fee also applies to clients who have classes funded through TAC, Workcover, DVA or any other third party. However, please let us know if you have unexpected extenuating circumstances.
- Suspensions, cancellations and refunds:
 - 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.
 - Doctors 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.
- Unlimited 1 month or Unlimited 3 month Clinical Exercise Group memberships include attendance at any of our Independent Rehab classes.