

# PHYSIOTHERAPY

		Physiotherapist	Senior Physiotherapist
<b>Initial consultation</b>	45 mins	\$104	\$122.50
<b>Standard consultation</b>	30 mins	\$86.50	\$97
<b>Long consultation</b>	45 mins	\$104	\$122.50
<b>Extended consultation</b>	60 mins	\$140	\$163.50

Physiotherapists: Teresa Uymatiao, Roger Lay

Senior Physiotherapists: Sylvia Yong-Gonzales, Christina Munton, Stephanie Tang, Sally Ting

# MASSAGE

## Massage – 30 minutes

Single session	\$63.50	
Pack of 5	\$300	Valid for 6 months
Pack of 5 (seniors)	\$290	Valid for 6 months

## Massage - 60 minutes

Single session	\$97	
Pack of 5	\$440	Valid for 6 months
Pack of 5 (seniors)	\$430	Valid for 6 months

## Massage - 90 minutes

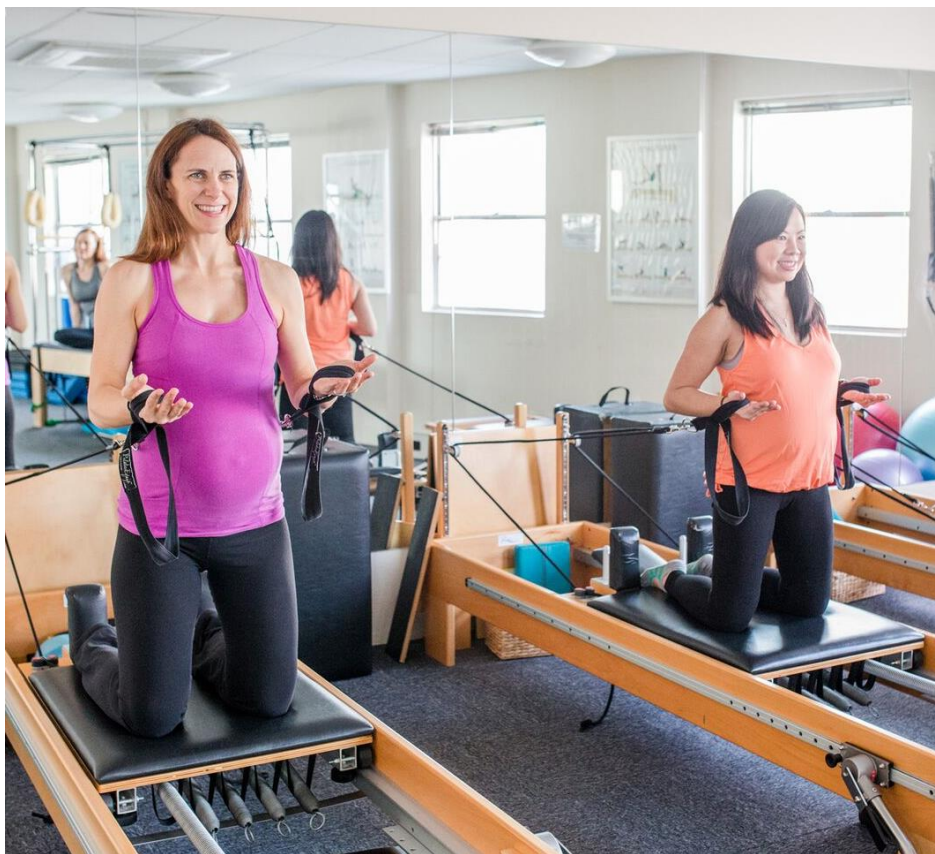
Single session	\$140
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Massage therapists: Sarah Gartside, Pasqual Cartens

# MEDITATION

Saturday at 9.45am (60mins)  
10 week program – 1 class per week \$280

Meditation instructor: Jeanette Lasek



PHYSIOTHERAPY

PHYSIO EXERCISE  
PROGRAM

STUDIOPILATES

MATPILATES

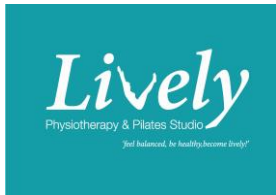
MASSAGE

# SCHEDULE OF FEES

EFFECTIVE AS OF 1 JULY 2019

## Welcome to Lively Physiotherapy & Pilates Studio

The team at Lively Physio & Pilates is focused on providing personalised, professional, holistic health care for the community of the Upper North Shore since 2010. We are 100% focused on genuine patient care and well-being and are especially committed to tailoring individualised treatment plans for all our patients. We are an honest and caring bunch, and will endeavour to do all we can to help you bounce back to meet your goals.



## LIVELY PHYSIOTHERAPY & PILATES STUDIO

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[www.livelyphysio.com.au](http://www.livelyphysio.com.au)

ABN: 36 617 732 242

# PHYSIO EXERCISE PROGRAM (PEP)

## WITH PHYSIOTHERAPIST

**PEP intro package** (60mins/session)      \$380      Valid for 4 weeks  
(initial assessment + 2 private sessions)

### Individual PEP (60 mins)

Single session	\$140	
Pack of 5	\$625	Valid for 2 months
Pack of 10	\$1200	Valid for 4 months

### PEP group session (55mins)

Casual class	\$60	
Pack of 5	\$255	Valid for 2 months
Pack of 10*	\$495	Valid for 4 months
Pack of 20*	\$905	Valid for 6 months

\* includes bonus class or Physio/massage discount

## PEP TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am		✓				
8am	✓	✓	✓	✓	✓	✓
9am	✓	✓	✓	✓	✓	✓
10am	✓	✓	✓	✓	✓	✓
11am	✓	✓	✓	✓	✓	✓
12pm	✓					
3:45pm	✓	✓				
4:45pm	✓	✓	✓	✓		
5:45pm	✓	✓	✓	✓		
6:45pm		✓	✓	✓		



# STUDIO PILATES

## WITH PILATES INSTRUCTOR

<b>Studio intro package</b> (60mins/session) (initial assessment + 2 private sessions)	\$380	Valid for 4 weeks
<b>StudioPilates session</b> (55mins)		
Casual class	\$48	Valid for 2 months
Pack of 5	\$225	Valid for 4 months
Pack of 10*	\$425	Valid for 6 months
Pack of 20*	\$800	

## StudioPilates TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
6am	✓				
7am	✓				
8am	✓				
12pm			✓		
1pm			✓		
2pm			✓		

# MAT PILATES

## WITH PILATES INSTRUCTOR

<b>Mat intro package</b> (60mins/session) (initial assessment + 1 private session)	\$260	Valid for 3 weeks
<b>Mat session</b> (60mins)		
Casual session	\$35 per class	Valid within school term
10 week program – 1 class per week	\$28 per class	Valid within school term
10 week program – 2 classes per week	\$25 per class	
10 week program – 3 classes per week	\$22 per class	
Private session	\$100 per class	
<b>Seniors class – over 65's</b> (60mins)		
10 week program – 1 class per week	\$275	Includes theraband & manual

## MatPilates TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	✓		✓		✓	
8:30am				✓		✓
9:30am		✓		✓		
10am	Seniors				Seniors	
6pm		✓				
7pm	✓					