

# PHYSIOTHERAPY

		Physiotherapist	Senior Physiotherapist
<b>Initial consultation</b>	45 mins	\$104	\$122.50
<b>Initial Complex Consultation</b>	60 mins	\$140	\$163.50
<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: Roger Lay, Teresa Uymatiao, Stephanie Hudson, Cassandra Leong

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

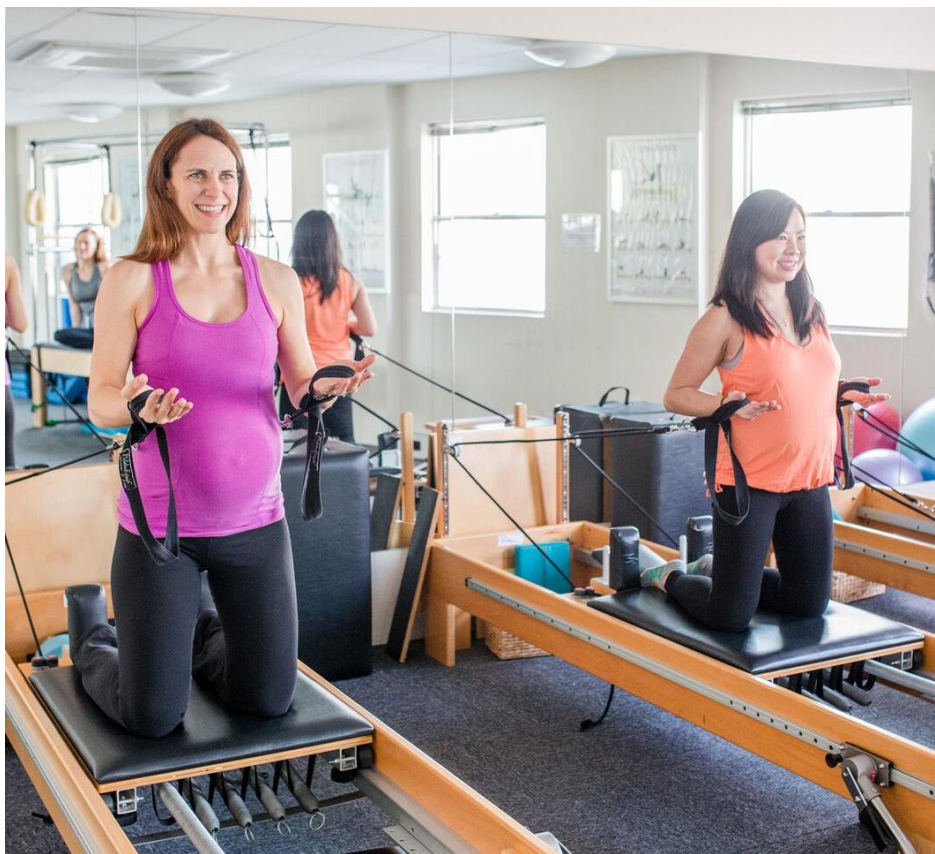
Single session	\$140
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Massage therapists: Sarah Gartside, Pasqual Cartens

# 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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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

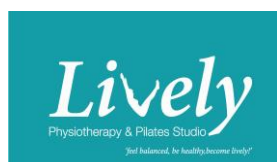
### PEP group session (55mins)

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 4 months

\* includes bonus 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	
Pack of 5	\$225	Valid for 2 months
Pack of 10*	\$425	Valid for 4 months
Pack of 20*	\$800	Valid for 4 months
* includes bonus Physio/massage discount		
Private session	\$100	

## StudioPilates TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
6am	✓		✓		
7am	✓		✓		
8am	✓		✓		
9am	✓				

# MAT PILATES & BALLET BARRE

## WITH PILATES INSTRUCTOR

<b>Mat intro package</b> (60mins/session) (initial assessment + 1 private session)	\$260	Valid for 3 weeks
<b>Mat/Barre session</b> (60mins)		
Casual session	\$35 per class	
1 class per week	\$28 per class	
2 classes per week	\$25 per class	
3 classes per week	\$22 per class	
Private session	\$100	
<b>Seniors class – over 65's</b> (60mins) 1 class per week	\$27.50	Includes theraband & manual

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	✓		✓		✓	
8am				✓		✓
9am				✓		Barre
9:30am		✓				
10am	Seniors	Barre 10.30		Barre		
11am					Seniors	
6pm		✓				
7pm	✓					