

EQUIPMENT CLASSES

PHYSIOTHERAPY EXERCISE PROGRAM (PEP) with Physiotherapist
STUDIOPILATES (SP) with Pilates Instructor

Intro Package (55 mins/session) (Initial assessment + 2 private sessions)	SP \$365		PEP \$412	Valid for 4 weeks	
Private Sessions (55 mins)	SP	PEP	Senior PEP	Principal PEP	
Single session	\$129	\$153	\$180	\$190	
Pack of 5	\$593.50	\$704	\$828	\$874	Valid for 2 months
Pack of 10*	\$1161	\$1377	\$1620	\$1710	Valid for 4 months
Group Sessions (55 mins)	SP	Duo SP	Trio PEP	Duo PEP	
Single session	\$51.50	\$65	\$67	\$80	
Pack of 5	\$232	\$299	\$286	\$350	Valid for 2 months
Pack of 10*	\$427	\$546	\$540	\$649	Valid for 4 months

* INCLUDES BONUS REWARD 20% OFF PHYSIO OR MASSAGE CONSULT

Please call admin on 0466 785 820 for timetable or any queries.

Effective 1st July 2023

PILATES ETIQUETTE @ LIVELY

DO



- Arrive on time
- Remove shoes upon arrival
- Wear grip socks and bring a towel to each session
- Tie long hair back so it doesn't catch in our equipment
- Cover zippers on your clothes with tape - these can damage our equipment
- Cleanup after yourself, return props and wipe down equipment
- Be mindful and respectful of your fellow students and staff

DON'T



- Bring mobile phones into the studio
- Use coarse language or disrespectful behaviour
- Wear strong perfume or cologne
- Attend our studio if you are unwell

REMEMBER



- Familiarise yourself with the studio's cancellation and pack-expiration policies
- Frequent cancellations or no-shows may result in the cancellation of your standing appointment status

Thank you

Lively Physio