

Supervised Sessions

These are sessions with a qualified instructor and include an initial consultation, follow-up sessions and reviews.

• 55 minutes	\$65
• 25 minutes	\$40
• 10 x 55min Supervised Sessions	\$585
• 5 x 55min Supervised Sessions	\$260

Casual Sessions

These are sessions without an instructor, however, our qualified staff are always in attendance and are available for limited advice.

• 60 minutes	\$25
• 30 minutes	\$15

Memberships

		Weekly
• Annual Membership	\$550	\$10.58
• Annual Membership Plus	\$800	\$15.40
<i>Includes 2 x 55 mins supervised and 5 x 25 mins supervised</i>		
• 6 Months membership	\$330	\$12.70
• 6 Months membership Plus	\$400	\$15.40
<i>Including 4 x 25 mins supervised</i>		

• 12 Studio Concessions (30 mins)	\$144
• On-site Private Daytime Mat Classes (6 weeks)	\$150
• Prenatal Class <i>Price per person/per session</i>	\$15
• Off-site Private Group Mat Class <i>Price per session</i>	\$65
• Public Classes <i>Price per person/per session</i>	\$11

20/20 Special Offer

		Weekly
• 20 weeks of Pilates for \$20/week	\$400	\$20
• 2 x 55minute 1-on-1 sessions with an instructor, <i>plus:</i>		
• 3 x 25 minute 1-on-1 sessions with an instructor, <i>plus:</i>		
• unlimited use of the studio for 20 weeks		