



Therapia Pilates Information

Equipment Pilates

We offer many Pilates classes throughout the week from Monday to Saturday, all of which run for 45 minutes. They are run by experienced physiotherapists or Pilates instructors and consist of five clients maximum per group so we can ensure you receive individual attention and mentoring. They are also able to be claimed on Private Health.

As you are new to our Pilates classes, your physiotherapist will require some initial one-on-one sessions to assess your needs and help educate you about Pilates and the exercises that will best suit your body, ultimately building a program which you can then use in the classes. If you have some experience doing Pilates, this may only take one or two sessions before you are able to book into a group Pilates class. However, if you have never done Pilates before then it may take two to four one-on-one sessions to ensure you are ready and feel confident in joining a group class.

The price of an initial assessment is \$95 for 45 minutes, and any follow up one-on-one sessions (as mentioned above) are 30 minutes and are \$80, both of which can be claimed on Private Health. Once you join the Pilates classes, they are \$30 per class and can be claimed on Private Health on the day, or there is an option to purchase a ten class pass for \$270 in advance, at the end of which we will print you a receipt to claim with your Private Health fund manually.

Mat Pilates, Yoga & Pregnancy Pilates

Our equipment Pilates classes are especially valuable to you if you have a specific condition or musculoskeletal disorder which requires treatment or specific exercise, individually tailored to meet your goals. However, we also offer more generalised classes including Matwork Pilates and Restorative Yoga.

Mat / Yoga

These classes run for one hour each and are taken by experienced Pilates and Yoga instructors. They are run in our Pilates studio in a relaxing and nurturing environment, and have no more than 8 clients per class which allows for individualised attention. These classes are not claimable by Private Health, but are just \$25 per class. There is also an option to pay upfront for a ten class pass for \$210.

Pregnancy Pilates and Pregnancy Yoga

Pregnancy Pilates (on Fridays from 4.30 – 5.30pm) and pregnancy yoga (on Wednesdays from 6.15 – 7.15pm) classes are run in the Therapia Pilates studio. They are taken by an experienced ante-natal Pilates and yoga instructor who are able to provide and assist exercises for any stage of pregnancy, from 12 weeks right up to 38 weeks. Please see your GP for advice if you wish to start our Pregnancy Pilates classes before 12 weeks into your pregnancy. At Therapia we like to ensure that your experience is individualised and meets your personal goals and needs, and thus classes are limited in size and are never more than eight people per class. Pregnancy classes are not claimable by Private Health, but are just \$25 for the hour.

There is also the option of purchasing a ten class pass upfront for \$210 for pregnancy pilates and eight class pass upfront for \$168 for pregnancy yoga.