



## Osteopathic Services:

Initial consultation	\$90.00
Standard consultation	\$77.00
Prolonged consultation	\$120.00

for exercise therapy programs see Exercise Therapy

## Exercise Physiology:

Consultations	\$77.00
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for exercise therapy programs see Exercise Therapy

## Exercise Therapy (including the Pilates Method)\*:

Initial and individual consultations	\$77.00
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Programs utilise Pilates, Whole Body Vibration and Rehabilitation equipment to address specific goals such as anti-aging, reducing pain, tension and stiffness, pre and post natal care and injury recovery. After consultations to assess your condition and design your program supervision is shared. Flexible attendance Monday to Saturday.

## Individual Exercise Therapy Programs (including the Pilates Method)\*:

5, 10 and 20 session programs valid for 3 months

Individual program per session	\$37.50
Individual program	<b>5 sessions</b> \$155.00
Individual program	<b>10 sessions</b> \$280.00
Individual program	<b>20 sessions</b> \$495.00

## Pay by the month option:

Minimum 3 months membership

4 sessions per month	\$99.00
8 sessions per month	\$198.00
12 sessions per month	\$297.00

## Pilates Mat and Small Group Exercise Therapy Classes\*:

Per class	\$18.00
5 classes	\$85.00
10 classes	\$160.00

Classes are for people of average or better fitness who want a core focus and to lengthen, strengthen and relax their body. Classes held during school terms in Kiama and Jamberoo Monday to Saturday at fixed times.

\*Conditions apply

Please ask about our discounts for pension card holders and the arrangements for Medicare rebates (Enhanced Primary Care Plans), Department of Veteran's Affairs and WorkCover/MVA accident related injuries.

**By appointment only.** Effective April 2011.

# Fee schedule

A group of independent consultants trading as Solutions for Wellbeing • J. Louise Adam and Associates Pty Ltd  
 ABN 41 002 704 949 • 17/106 Terralong St Kiama NSW 2533 • P: 02 4232 2222 • E: info@solutions4wellbeing.com.au