

**GROUP CLASS MEMBERSHIP**

INTRO OFFER	14 Days - Unlimited classes	\$40
1 MONTH	Unlimited classes for 30 days	\$235
6 MONTHS +	Unlimited classes billed fortnightly	\$95

**GROUP CLASS PACKAGES**

Mat / Yoga / Free Form	Single session	\$25
Mat / Yoga / Free Form	10 Pack - valid for 3 months	\$220
Reformer / Power Plate	Single session	\$30
Reformer / Power Plate	10 Pack - valid for 3 months	\$270

**PRIVATE CLASS PACKAGES (Studio)**

Semi-Private (3:1)	Single session	\$55
Semi-Private (3:1)	5 Pack - valid for 3 months	\$265
Semi-Private (3:1)	10 Pack - valid for 3 months	\$500
Private (1:1)	Single session	\$125
Private (1:1)	5 Pack - valid for 3 months	\$575
Private (1:1)	10 Pack - valid for 3 months	\$1100
Introductory Package	1 x assessment & 3 x private sessions	\$475

**CHILD MINDING (Creche)**

	Single visit	\$8
	10 Pack - valid for 3 months	\$60
MON - FRI from 9am	MON-12:30pm TUE-WED-THU-1:30 FRI-1pm	

**POWER PLATE**

Single session - private (1:1)	\$50
Single session - trio (3:1)	\$40
5 Pack - private (1:1)	\$240
5 Pack - trio (3:1)	\$190
10 Pack - private (1:1)	\$450
10 Pack - trio (3:1)	\$350

**PHYSIOTHERAPY**

Initial	Single consultation	\$130
Standard	Single consultation	\$95
Extended	Single consultation	\$130
RTUS	Assessment only	\$95
Pilates Assessment	Single consultation	\$130

**MASSAGE**

30 minutes	Single session	\$50
45 minutes	Single session	\$70
60 minutes	Single session	\$95
90 minutes	Single session	\$135

**NEED TO KNOW**

- All classes and sessions must be pre-booked and paid, over the phone or at [polestarpilates.com.au/groupclasses](http://polestarpilates.com.au/groupclasses)
- Please arrive to your first session 15 mins early so we have enough time to greet and register
- Classes and sessions are non-transferable and non-refundable
- If you need to cancel, please provide 24 hours notice or the full session fee applies
- 5 & 10 Packs & Singles are all valid for 3 months
- Intro Offer is valid once per person and for new clients only
- Group Class Memberships are on a minimum 6 months contract
- You are entitled to hold your membership once every 6 months, for up to 30 days
- Group Classes are not suitable if you have or have had a spinal injury or disk bulge. If you have any type of back injury, ask to the team about our Studio Introductory Package

**GOOD TO KNOW**

- Seniors & students are entitled to a 10% discount on selected services (excluding membership)
- You are welcome to bring your own mat however mats and equipment are provided
- Bring your own towel and wear socks to every class / session for hygiene purposes
- Wear comfortable clothing