

ACTIVE LIVING

PHYSIO | PILATES

Supervised machine sessions:

Sessions with a qualified instructor and includes programme set up, Initial consults and follow-ups:

- **60mins** **\$70**
- **30mins** **\$45**

Gym membership:

- **Annual** **\$480**
- **Annual plus** **\$620**
Includes 6 x 30mins supervised
- **6 month** **\$280**
- **6 month plus** **\$350**
Includes 4 x 30mins supervised
- **10 gym concessions 30mins** **\$125**
- **10 gym concessions 60mins** **\$250**

Casual machine sessions:

Sessions without an instructor but available for limited input

- **60mins** **\$30**
- **30mins** **\$15**

Matt Classes:

- **10 class Concession card** **\$120**
- **Otherwise per term upfront (\$12/class)**
- **Introduction to pilates:** **\$80**
3 x 45mins sessions, max 3 people, includes assessment

PRICES INCLUDE 15% GST

Prices subject to change without prior notice

www.activeliving.co.nz