



## PRIVATE TRAINING

### 30 MINUTE

CASUAL SESSION	\$60	(14 DAY EXPIRY)
10 SESSION PASS	\$530	(6 MONTH EXPIRY)
20 SESSION PASS	\$1000	(12 MONTH EXPIRY)

### 45 MINUTE

CASUAL SESSION	\$70	(14 DAY EXPIRY)
10 SESSION PASS	\$650	(6 MONTH EXPIRY)
20 SESSION PASS	\$1200	(12 MONTH EXPIRY)

\*PACKS CAN BE PAID FOR IN 2 OR 3 INSTALMENTS

\*SEMI-PRIVATE TRAINING AVAILABLE ON REQUEST 2:1 3:1

## SEMI-PRIVATE GROUP SESSION

CASUAL GROUP	\$35	(14 DAY EXPIRY)
10 GROUP PASS	\$280	(6 MONTH EXPIRY)
20 GROUP PASS	\$500	(12 MONTH EXPIRY)
UNLIMITED GROUP	\$65PW*	(NO CONTRACT)

\*WEEKLY DIRECT DEBIT MINIMUM 4 WEEKS

**All semi-private group sessions are 45 minutes up to 6 people**

### ALL PACKS INCLUDE:

- ASSESSMENTS
- PROGRESSIVE TRACKING
- GOAL SETTING
- NUTRITIONAL ADVICE
- ACCOUNTABILITY COACH
- RELLA'S HUB WELCOME PACK ALL NEW MEMBERS

**Senior Card holders receive 10 % discount**

**Emergency services receive 10 % discount**

\*must produce card or service ID to take advantage of the discounts

**\*\* PLEASE READ TERMS & CONDITIONS BEFORE PURCHASING**



## BUNDLES

### 8 WEEKS

8 X PT + 8 X GROUP SESSION      \$690      (12 WEEK EXPIRY)

### 12 WEEKS

12 X PT + 12 X GROUP SESSION      \$1000      (16 WEEK EXPIRY)

## MEMBERSHIP BUNDLES

### 1 X PRIVATE SESSION PER WEEK

### + UNLIMITED GROUP PER WEEK

1 X PT + UNLIMITED GROUP ACCESS      \$105      (SAVE \$30PW)

\*WEEKLY DIRECT DEBIT MINIMUM 4 WEEKS

### 2 X PRIVATE SESSION PER WEEK

### + UNLIMITED GROUP PER WEEK

2 X PT + UNLIMITED GROUP ACCESS      \$160      (SAVE \$45PW)

\*WEEKLY DIRECT DEBIT MINIMUM 4 WEEKS

### ALL BUNDLES INCLUDE:

- ASSESSMENTS
- PROGRAMING
- PROGRESSIVE TRACKING
- GOAL SETTING
- NUTRITIONAL ADVICE
- ACCOUNTABILITY COACH
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## RECOVERY

### NORMATEC LYMPHATIC DRAINAGE

30 MINUTE SESSION	\$45	(14 DAY EXPIRY)
5 SESSION PASS	\$190	(3 MONTH EXPIRY)
45 MINUTE SESSION	\$60	(14 DAY EXPIRY)
5 SESSION PASS	\$258	(3 MONTH EXPIRY)
60 MINUTE SESSION	\$75	(14 DAY EXPIRY)
5 SESSION PASS	\$325	(3 MONTH EXPIRY)

\*CHOICE OF USING LEGS, HIPS OR ARM SLEEVES

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## GIFT VOUCHERS AVAILABLE

3 x 30 MINUTE SESSIONS \$140

2 WEEKS UNLIMITED SEMI PRIVATE GROUPS SESSIONS \$100

OR

A \$ value to go towards sessions of their choice

**Redemption Policy:** Value does not expire. Provide your voucher number to be added to your account.

Lost or stolen vouchers cannot be replaced. Not redeemable for cash

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