

## COREFITPHYSIO - PRICE GUIDE 2024/25

	<b>Class Getting Started Package</b> .....	<b>£100</b>	Baseline Assessment, Group Reformer and Studio Class
	<b>Specialist Birth &amp; Beyond Package</b> .....	<b>£170</b>	Post-natal Baseline Assessment, Private Session and Studio Class
<b>Initial Assessments</b>	<i>New to us? You will need to book an assessment ahead of a Physio, Group Reformer or Bespoke training sessions.</i>		
	<b>Biomechanical Full Assessment</b> .....	<b>£98</b>	1 hour Full Body / Sports / Pre-Travel / MOT / Long-term conditions - diagnosis, treatment, advice and home exercise programme
	<b>Baseline Quick Assessment</b> .....	<b>£70</b>	45min exercise-based pre-class / pre-bespoke training assessment to identify areas of weakness to direct focus
	<b>Specialist Physio Assessment</b> .....	<b>£110</b>	Vestibular / Neuro / Women's Health / Golf / Clinical Lead - Consultation, Assessment and Treatment Plan
<b>Physiotherapy</b>	<i>New to us? You will need to book an assessment ahead of booking these sessions</i>		
	<b>Standard Physio Follow-up</b> .....	<b>£53</b>	30min follow up manual physio treatment session
	<b>Block of 3</b>	<b>£153</b>	(£51 per session, saving you £6)
	<b>Block of 6</b>	<b>£294</b>	(£49 per session, saving you £24)
	<b>Extended Physio Follow-up</b> .....	<b>£75</b>	45min follow-up manual physio treatment session
	<b>Double Physio Follow-up</b> .....	<b>£98</b>	1hr manual physio treatment session
<b>Bespoke Training</b>	<i>New to us? You will need to book an assessment ahead of booking these sessions</i>		
	<b>Private Bespoke Training</b> .....	<b>£70</b>	1:1 equipment-based session tailored to your needs, may include manual treatment.
	<b>Block of 5</b>	<b>£340</b>	(£68 per session saving you £10)
	<b>Block of 10</b>	<b>£640</b>	(£64 per session saving you £60)
	<b>Block of 20</b>	<b>£1,200</b>	(£60 per session saving you £200)
	<b>Duo Bespoke Training</b> .....	<b>£44</b>	For couples or 2 friends, tailored to individuals - <b>price per person</b>
	<b>Block of 5</b>	<b>£205</b>	(£41 per person per session saving you £15)
	<b>Block of 10</b>	<b>£385</b>	(£38.50 per person per session saving you £55)
	<b>Block of 20</b>	<b>£720</b>	(£36 per person per session saving you £160)
	<b>Closed Group Bespoke Training</b>	(rates available upon enquiry)	For 3-6 friends - per person rate dependent on number
<b>Clinical Lead Bespoke Training</b>	(rates available upon enquiry)	1 hour exercise-based session with Helen (Founder)	
<b>Reformer &amp; Circuits</b>	<i>New to us? You will need to book an assessment ahead of booking these sessions</i>		
	<b>Group Reformer or Circuit Class</b> .....	<b>£29.50</b>	6:1 full-body machine-based class adapted to different levels
	<b>Block of 5</b>	<b>£135</b>	(£27 per session saving you £12.50)
	<b>Block of 10</b>	<b>£250</b>	(£25 per session saving you £45)
	<b>Block of 20</b>	<b>£440</b>	(£22 per session saving you £150)
	<b>Block of 30</b>	<b>£600</b>	(£20 per session saving you £285)
<b>Studio</b>	<b>Physio-led Studio Class</b> .....	<b>£18</b>	Barre / Dynamic Matwork / Runner's Mat / Cyclist's Mat ( 8:1 ratio)
	<b>Block of 5</b>	<b>£85</b>	(£17 per session saving you £5)
	<b>Block of 10</b>	<b>£160</b>	(£16 per session saving you £20)
	<b>Block of 20</b>	<b>£280</b>	(£14 per session saving you £80)
<b>Massage</b>	<b>Clinical Massage (30min)</b> .....	<b>£44</b>	Sports / Remedial / Assisted Stretching / Infused oil / Hot Stone
	<b>Block of 3</b>	<b>£126</b>	(£42 per session saving you £6)
	<b>Block of 6</b>	<b>£240</b>	(£40 per session saving you £14)
	<b>Clinical Massage 60min</b> .....	<b>£70</b>	Sports / Remedial / Assisted Stretching / Infused oil / Hot Stone
	<b>Block of 3</b>	<b>£204</b>	(£68 per session saving you £6)
<b>Block of 6</b>	<b>£390</b>	(£65 per session saving you £30)	
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