

COREFITPHYSIO - PRICE GUIDE 2025

(effective 1/10/2025)

Class Getting Started Package		£100	Quick Class Readiness Assessment, Foundation Reformer and Studio Class
Initial Assessments	<i>New to us? You will need to book an assessment ahead of a Physio, Group Reformer or Bespoke training sessions.</i>		
	Assessment (Full).....	£98	1 hour Full Body / Sports / Pre-Travel / MOT / Long-Term Conditions - Diagnosis, Treatment, Advice and Home Exercise Programme
	Assessment (Quick Class Readiness).....	£72	45min exercise-based pre-class / pre-bespoke training assessment to identify areas of weakness to direct focus
	Specialist Physio Assessment	£110	Vestibular / Neuro / Clinical Lead / TMJ Consultation, Assessment and Treatment Plan
Physiotherapy	<i>New to us? You will need to book an assessment ahead of booking these sessions</i>		
	Standard Physio Follow-up	£53	30min follow up manual physio treatment session
	Block of 3	£153	(£51 per session, saving you £6)
	Block of 6	£294	(£49 per session, saving you £24)
	Extended Physio Follow-up	£75	45min follow-up manual physio treatment session
	Double Physio Follow-up	£98	1hr manual physio treatment session
	Specialist Physio Follow-up	£100	1hr Vestibular / Neuro / TMJ
Bespoke Training	<i>New to us? You will need to book an assessment ahead of booking these sessions</i>		
	Private Bespoke Training	£72	1:1 equipment-based session tailored to your needs, may include manual treatment.
	Block of 5	£345	(£69 per session saving you £15)
	Block of 10	£650	(£65 per session saving you £70)
	Block of 20	£1,220	(£61 per session saving you £220)
	Duo Bespoke Training	£45	For couples or 2 friends, tailored to individuals - price per person
	Block of 5	£215	(£43 per person per session saving you £10)
Reformer & Circuits	Block of 10	£410	(£41 per person per session saving you £40)
	Block of 20	£740	(£37 per person per session saving you £160)
	Closed Group Bespoke Training	(rates available upon enquiry)	For 3-6 friends - per person rate dependent on number
	Clinical Lead Bespoke Training	(rates available upon enquiry)	1 hour exercise-based session with Helen (Founder)
	<i>New to us? You will need to book an assessment ahead of booking these sessions</i>		
	Group Reformer or Circuit Class	£29.50	6:1 full-body machine-based class adapted to different levels
	Block of 5	£140	(£28 per session saving you £7.50)
Studio	Block of 10	£260	(£26 per session saving you £35)
	Block of 20	£460	(£23 per session saving you £130)
	Block of 30	£630	(£21 per session saving you £255)
	Block of 50	£1,000	(£20 per session saving you £475)
Massage	Physio-led Studio Class	£19	Barre / Dynamic Matwork (8:1 ratio)
	Block of 5	£90	(£18 per session saving you £5)
	Block of 10	£170	(£17 per session saving you £20)
	Block of 20	£300	(£15 per session saving you £80)
	Clinical Massage (30min)	£44	Sports / Remedial / Assisted Stretching / Infused oil / Hot Stone
	Block of 3	£126	(£42 per session saving you £6)
Massage	Block of 6	£240	(£40 per session saving you £14)
	Clinical Massage 60min	£72	Sports / Remedial / Assisted Stretching / Infused oil / Hot Stone
	Block of 3	£207	(£69 per session saving you £9)
	Block of 6	£396	(£66 per session saving you £36)

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