



## **BOUNCE BLACKBURN TERM 3, 2023 INFORMATION**

We are currently getting ready for Term 3 Clinical Pilates classes. Term 3 will commence on Monday 10<sup>th</sup> July 2023 and will run for 10 weeks, finishing on Saturday 16<sup>th</sup> September 2023.

### **CLASS DESCRIPTIONS:**

SEMI-PRIVATE: A program of exercise-based interventions specific to the patient, with exercises addressing a current health problem or goal. A maximum of 6 participants per class programs are designed for all levels, first timers to advanced. Classes utilize the latest equipment including trapeze table, reformers, wunda chairs, small apparatus and mat.

### **COST FEE STRUCTURE:**

\$39.00 per class (9-week term \$351.00, 8-week term \$312.00)

*\*Payment is required upfront for the whole term*

If you are aware of any dates you will be missing throughout the term, please let reception know at the time of making payment so the term price can be adjusted. ***Please note an 8 week minimum payment is required.*** After this time a medical certificate is required to credit/refund any missed classes. Medical certificates are required to be emailed to [info@bouncehealth.com.au](mailto:info@bouncehealth.com.au) within 3 days of your missed class due to illness to receive credit or refunds. Holiday/function resulting in non-attendance without pre term notification will result in fees being applicable similar to a gym membership, credit will not be applied. Thank you for your understanding.

### **PRE-PILATES ASSESSMENT:**

A full assessment before you begin our classes with one of our experienced Physiotherapists is required to ensure we can structure the best program for you. An individual consultation is approximately 40 minutes, at a cost of \$107.00 and can be claimed with private health extras cover.

*Private Health Code: 500 – Physiotherapy Assessment.*

### **TERMS & CONDITIONS:**

- 1: **PAYMENT:** Full Payment is due when you rebook or book in for the first time. If you are aware of any dates that you will miss during the term at the time of securing your position, we will deduct these from your total.
- 2: **MAKE UP CLASSES:** There will be **no makeup classes**. As we are unable accommodate these requests.
- 3: **SWAPPING OF CLASSES:** There will be **no swapping** of classes during the term.
- 4: **WITHDRAWING:** If you decide to withdraw from the class once the term has begun, **there will be no refund**, as we are unlikely to find a replacement for you at that stage. The exception to this rule would be the presentation of a doctor's certificate to advise that you are unfit to continue.
- 5: **ITEMISED RECEIPTS:** Itemised receipts for attended classes are emailed at the end of term, please ensure reception have your current email address on file.

Classes run by Physiotherapists are coded 560/5611 - **Please see timetable on the next pages**



**BOUNCE BLACKBURN TERM 3, 2023 TIMETABLE**

**TERM 3 DATES**

Commencing Monday 10<sup>th</sup> July  
Finishing Saturday 16<sup>th</sup> September

<b>MONDAY</b>	<b>(10 weeks)</b>		
<b>5:45pm</b>	Sherrie	Semi-Private	Blackburn
<b>TUESDAY</b>	<b>(10 weeks)</b>		
<b>11.45am</b>	Rosie	Semi-Private	Blackburn
<b>TUESDAY</b>	<b>(10 weeks)</b>		
<b>12:30pm</b>	Rosie	Semi-Private	Blackburn
<b>TUESDAY</b>	<b>(10 weeks)</b>		
<b>6:30pm</b>	Dinelle	Semi-Private	Blackburn
<b>WEDNESDAY</b>	<b>(10 weeks)</b>		
<b>5:45pm</b>	Michael	Semi-Private	Blackburn
<b>WEDNESDAY</b>	<b>(10 weeks)</b>		
<b>6:30pm</b>	Michael	Semi-Private	Blackburn
<b>WEDNESDAY</b>	<b>(10 weeks)</b>		
<b>7:15pm</b>	Michael	Semi-Private	Blackburn
<b>THURSDAY</b>	<b>(10 weeks)</b>		
<b>5:15pm</b>	Dinelle	Semi-Private	Blackburn
<b>SATURDAY</b>	<b>(10 weeks)</b>		
<b>8:00am</b>	Dinelle	Semi-Private	Blackburn

<b>SATURDAY</b>	<b>(10 weeks)</b>		
<b>8.45am</b>	Rosie	Semi-Private	Blackburn
<b>SATURDAY</b>	<b>(10 weeks)</b>		
<b>9:30am</b>	Rosie	Semi-Private	Blackburn
<b>SATURDAY</b>	<b>(10 weeks)</b>		
<b>10:15am</b>	Dinelle	Semi-Private	Blackburn

If you have any enquiries, please feel free to contact reception on 1300 855 442