

Evolve Health Illawarra

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Clinical Pilates

Our Pilates Group Classes are eligible for an on the spot Health Fund rebate, if you have Physio Extras Cover - Item 560, 561

Check with your Health Fund, as you may be able to claim up to \$200, as per a Gym Membership

Class Options and Pricing

1. **Private class:** Clients are able to book a private 1 on 1 session - **\$95.00**
2. **Single class pass:** Clients are able to purchase individual passes for a class - **\$35.00**
3. **Bulk pass:** Clients are able to purchase a set of 10 classes for a reduced per class rate - **\$300.00** (\$30.00 per class)

All classes run for 45 min - Group classes have a maximum of 4 people

Please bring a towel and socks must be worn.

Timetable for Group Classes

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|------------------|----------------|
| TUESDAY | 4pm, 5pm |
| WEDNESDAY | 6.30am, 7.15am |
| THURSDAY | 4.00pm, 5.00pm |
| FRIDAY | 8am, 10am |
| SATURDAY | 8am, 9am |