

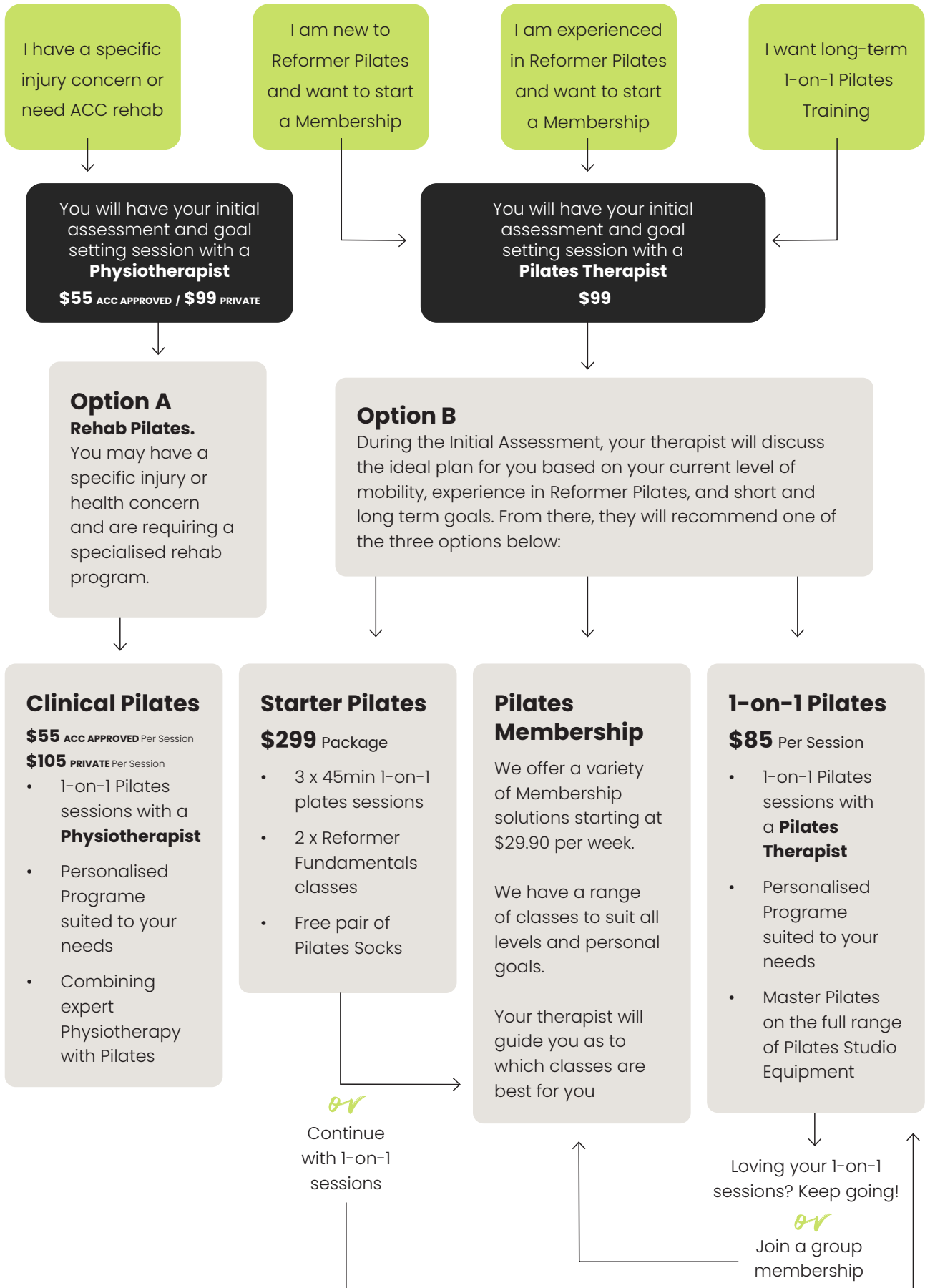


freedom health
PHYSIOTHERAPY · PILATES



Pilates *at*
Freedom Health

To get started, choose the phrase that best suits you...



MEMBERSHIP OPTIONS

WELLNESS MEMBERSHIP

Designed for members that are committed to achieving their Pilates goals and are able to attend a weekly Pilates Group Class. This can be achieved via a secured weekly class spot or you can book it on a flexi basis each week, upto 7 days in advance. Your weekly in-clinic class can also be supplemented by our Freedom@Home classes, at no extra charge for the first 3 months. Getting in 1 or 2 extra @Home classes per week will see you make fantastic progress with your goals.

ACCELERATOR MEMBERSHIP

Designed for clients that want to truly accelerate the benefits and improvements achieved through regular Pilates classes at Freedom Health. With unlimited classes* per week, you will find you start to see results very quickly. Supplement this with the Freedom@Home and you will never look back. Secured classes can also be locked in under this membership - see details below re how this works.

FREEDOM@HOME ONLINE MEMBERSHIP

Available with in-clinic Memberships, or available on it's own, Freedom @ Home is our online solution that supplements & mirrors the in-clinic monthly focus and direction. A great way to economically supplement your in-clinic classes or a solution in it's own right, there can be no excuse for not getting your regular Pilates fix with Freedom@Home at your disposal. Freedom@Home is free for an initial period and just \$6 per week thereafter for in-clinic members or \$9 per week on it's own.

Note: Our focus is on ensuring our clients have positive outcomes. Our experience tells us that best outcomes are attained when clients commit to and attend classes regularly and consistently. For this reason, as well as to ensure our Members have spots available when required we do not offer Casual Class attendance options. We do however offer flexible membership terms and unlimited membership holiday options for our members.

MEMBERSHIP PRICING

	WELLNESS <small>FROM</small> \$29.90 <small>/WEEK</small>	<small>FLEXI</small> ACCELERATOR <small>FROM</small> \$54.90 <small>/WEEK</small>	<small>SECURED</small> ACCELERATOR <small>FROM</small> \$59.90 <small>/WEEK</small>
WEEKLY REFORMER CLASSES	1 / week	Unlimited*	Unlimited*
MEMBERSHIP BOOKING APP	✓	✓	✓
FACEBOOK GROUP	✓	✓	✓
MONTHLY DIRECT DEBITS	✓	✓	✓
FREEDOM@HOME	First 3 months FREE	First 6 months FREE	First 6 months FREE
SECURED CLASSES	Included	No - Flexi Only	2 Included
NO FIXED TERM	\$32.90 / WEEK	\$59.90 / WEEK	\$64.90 / WEEK
6 MONTH +	\$29.90 / WEEK	\$54.90 / WEEK	\$59.90 / WEEK

SECURED CLASSES If you have a schedule that allows you, or limits you to commit to specific class each week, or if you find that you struggle to get into classes in your preferred times, secured classes are for you. You will find your spot secured in that class each and every week, prior to the class bookings being available to other members. No need to remember to book, no missing out. You still have the flexibility to change it via the ZenPlanner app at anytime, but you can rest well with the knowledge that your preferred class is locked in for you.

OTHER MEMBER BENEFITS All members also benefit from becoming part of the Freedom Health Pilates community and receive great results through regular contact with our highly skilled Physiotherapists & instructors. There is a Facebook Group to keep you informed and stay connected, as well as a Members app for making & changing bookings as required - our aim is to make it hassle free & enjoyable for you.

1-ON-1 & DUET SESSIONS

- Specific tuition tailored to your needs
- Excellent for singles or couples who want that extra special care
- Allows for Individual Modifications for Injury/Illness

FUNDAMENTALS CLASSES

- For those new to Pilates and needing a little extra guidance & assurance
- Foundational Pilates Exercises at a slower pace and with purpose
- Giving you the confidence and skills to move through to full classes
- Max 8 Participants

MOVE WELL CLASSES

- All Levels Class
- Foundational Pilates Exercises building general mobility & awareness
- Whole Body Mobility, Strength & Core alignment
- Max 10 Participants

FORM AND FUNCTION CLASSES

- Progressions from Foundational Pilates to Functional Movements
- Ideal for those wanting to increase strength and function
- Max 10 Participants
- Great for bone strengthening and balance

EXTEND AND EXPLORE CLASSES

- Progressions from Foundational Pilates to more advanced exercises
- Requires good understanding of foundation exercises
- Explore movement and control in greater depth
- Max 10 Participants

Papanui

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Barrington

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www.freedomhealth.co.nz



scan me

To view the latest
Reformer Pilates
Class Timetable

