

PHYSIO & PILATES CENTRAL

Centred on you

Physiotherapy

Type	Price
Initial Assessment (45 minutes)	£65
Follow Up Appointment (30 minutes)	£60
1 hour appointment with Clinical Lead (60 minutes)	£92

Sports Massage

Time	Price	Deals
1 hour	£70	Buy 4 and get 20% off all appointments (£56 per session)
30 minutes	£40	Buy 4 and get 20% off all appointments (£32 per session)

Mat Pilates (6-8 people, depending on location) N.B. if this is your first time doing Pilates with us, a mandatory 30 minute induction is necessary for insurance purposes. The fee of £30 is waived, however, if you purchase a block of 10

Type	Price	Deals
Group class (1 hour)	£18	10 sessions for £150 (£15 per class)
2:1 (1 hour)	£30 per person	<ul style="list-style-type: none"> Buy 5 sessions for £27.50 per person per session Buy 10 sessions for £25 per person per session
1:1 (1 hour)	£60	<ul style="list-style-type: none"> Buy 5 sessions for £55 per session Buy 10 sessions for £50 per session

Pilates Reformer

Time	Single Session Price	Deals
1:1 (1 hour)	£72	<ul style="list-style-type: none"> • 5 sessions for £340 (£68 per class) • 10 sessions for £650 (£65 per class)
2:1 (1 hour)	£40 per person	<ul style="list-style-type: none"> • 5 sessions for £190 per person (£38 per person per class) • 10 sessions for £350 per person (£35 per person per class)
3:1 (1 hour)	£35 per person	<ul style="list-style-type: none"> • 5 sessions for £165 (£33 per person per class) • 10 sessions for £300 (£30 per person per class)

Yoga

For information on our yoga classes, contact the instructor (Jenni Convey) directly on:

Telephone number: 07971 230388

Email: jenniconveyyoga@gmail.com

Website: <https://jenniconvey.co.uk/contact/>