

O-gym Fees and Services

Thank you for showing interest in O-health's rehab services!

Everybody has the ability to be healthy and achieve their lifestyle goals- let us help you get there with our fantastic rehab team.

Why O-health?

- Mat and Sam are University trained Exercise Scientists-they are not PT's, but highly skilled and qualified health professionals working directly with you.
- All programs are specific to you and altered as you adapt and improve.
- Access and input from our extraordinary clinical team.
- Private, clean and positive environment to train in.
- Unique technology to assist in diagnosis, management and tracking progress.

Why a 12 week program?

- We want to make meaningful, long term change.
- You can't cheat biology! Muscle, bone, and tendons all take time to grow.
- We want you to create new habits, skills and knowledge. This takes time.
- We look good if you improve-12 weeks gives us a chance to make a difference!

Click on links in the table below for an in-depth explanation of the different services.

SERVICE	\$/WEEK	TIME
<u>Pro Assessment</u>	\$150 (one off)	90 mins
<u>Basic Assessment</u>	\$75 (one off)	45 mins
<u>Weekly 1:1</u>	\$120	60 mins
<u>Small Group (4 max)</u>	\$80 _{per person}	60 mins
<u>Monthly 1:1</u>	\$60	60 mins
<u>Online *</u>	\$33	-

*No access to O-gym. All other programs incorporate full access to O-gym.

NB: We try to have O-gym always supervised, but depending on what time you choose to attend it may not be.

What to do now???

Step 1: Make a [booking](#).

Step 2: Select your level of Assessment (Pro or Basic)

Pro Assessment

- Comprehensive movement screen to see any limitations of movement/strength.
- Performance indicators baseline test so we can track your improvement.
- Questionnaire and lifestyle analysis
- Digital strength assessment as used by elite sporting organisations.

Basic Assessment

- Full body movement and assessment
- Questionnaire and lifestyle analysis

Step 3: Select the level of your Gym Program (Mat and Sam will recommend a level).

Option 1: Weekly 1:1

- A weekly 1:1 session with Mat or Sam going through your tailor made program.
- Each week, your progress will be tracked and adjustments will be made as you improve.
- O-gym access during our opening hours.
- These gym sessions are to be booked [online](#) to avoid overcrowding.

Option 2: Small Group Sessions

- 1 x small group gym class per week with a group of up to 4 participants.
- O-gym access during our opening hours.
- These gym sessions are to be booked [online](#) to avoid overcrowding.

Option 3: Monthly 1:1

- A monthly 1:1 session with your Mat or Sam taking you through your tailor made program.
- Each month, your progress will be tracked and adjustments will be made as you improve.
- O-gym access during our opening hours.
- These gym sessions are to be booked [online](#) to avoid overcrowding.

Option 4: Online

- Online gym program provided by one of our Exercise Scientists.
- This program can be completed at home or another gym.
- No O-gym access.

Step 4: Select Payment Option

- Payment in full now
- Recurring/direct debit

Let our wonderful admin team know and we take care of the rest!!