



## 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
<a href="#"><u>Pro Assessment</u></a>	\$150 (one off)	90 mins
<a href="#"><u>Basic Assessment</u></a>	\$75 (one off)	45 mins
<a href="#"><u>Weekly 1:1</u></a>	\$120	60 mins
<a href="#"><u>Small Group (3 max)</u></a>	\$80per person	60 mins

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.
- -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 3 participants.
- -gym access during our opening hours.
- These gym sessions are to be booked [online](#) to avoid overcrowding.

**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!!**