

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>Gym Assessment</u>	\$75 (one off)	45 mins
<u>Weekly 1:1</u>	\$120	60 mins
<u>Semi-Private Session (3 max)</u>	\$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: Select your level of Assessment

Pro Assessment

Our Pro Assessment involves a full 90 minutes of screening, using a combination of subjective and objective tests to identify physical strengths and weaknesses.

Due to the time allocated to these assessments, we are able to perform a large number of tests with our leading technology to provide a comprehensive analysis of how your body performs and identify key areas of improvement.

The information collected here is critical to the development of your exercise program.

Gym Assessment


Our Gym Assessment involves a combination of subjective and objective tests to identify physical strengths and weaknesses. The objective tests utilised are determined by the individual's injury history and goals, and provide baseline measurements to track progress.

The information collected here is critical to the development of your exercise program.


Step 2: Make an appointment for a Pro or Gym Assessment through online [booking](#) or get in touch with the Admin team (info@o-health.com.au) or 02 6021 2777.

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: Semi-Private Session (3 max)

- 1 x semi-private 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!!