

O-gym Fees and Services

Strength & Conditioning Programs

Our 12-week Strength & Conditioning Programs are delivered by our Exercise Scientists (university-qualified specialists in exercise and sports science) in the O-gym, our purpose-built strength & conditioning facility.

Each program is personalised based on your strength/movement assessment results and specific active lifestyle goals to improve how you move, reduce pain, and enhance performance in all aspects of life.

We use a combination of strength training, aerobic conditioning, speed and agility training to help you achieve your goals.

Our coaches will be there with you every step of the way, providing support and feedback where you need it. We'll continue to progress your exercises throughout your program, helping you to get fitter and stronger over time.

Our 12-week program involves:

- A weekly 1:1 or semi-private session with your dedicated S&C coach in our O-gym
- Open access to the O-gym during opening hours for any additional sessions
- Frequent re-testing throughout the duration of your program to measure your progress and improvements
- Each week your progress will be tracked and adjustments will be made by your coach as you improve.

We'll help you move better, feel better and perform better in order to eliminate your risk of injury. But commitment and consistency are key. This is how you will see real results and maintain them. Think of this less as a treatment and more as a lifestyle.

Pricing

Assessments

Option 1 | Strength & Conditioning Program Assessment (new patient)

For any new patient to the clinic or complex patients - this gives us time to collect a full patient health history as well and your functional assessment

90 mins | \$200 (one off)

Option 2 | Strength & Conditioning Program Assessment (existing patient)

Existing O-health patients - where we already have a full patient health history and only need to do your functional assessment

45 mins | \$125 (one off)

12 Week Programs

Option 1 | Weekly 1:1

1 hour | \$120 (per week)

Option 2 | Semi-Private Group

1 hour | \$80 (per week)