FLEXOLOGY
WELLNESS

FEEL BETTER. LIVE BETTER.

YOUR JOURNEY TO A
STRONGER, HEALTHIER YOU.



FLEXIBLE PACKAGES. STRONGER RESULTS.

The more you commit, the more you save.

TIER 1	1-20 sessions	**$110.00** (+ GST) per session
TIER 2	21-35 sessions	**$100.00** (+ GST) per session
TIER 3	36-50 sessions	**$90.00** (+ GST) per session
TIER 4	>50 sessions	**$80.00** (+ GST) per session

Minimum frequency of sessions per week is **2**, maximum is **5**.

WELLNESS THAT WORKS FOR YOU

IMPROVE ENERGY
Boost daily energy and vitality.

BUILD STRENGTH
Increase strength, mobility and endurance.

REDUCE STRESS
Support mental clarity and emotional well-being.

MANAGE WEIGHT
Achieve healthy, sustainable results.

LIVE HEALTHIER
Enhance longevity and quality of life.

SESSION INFORMATION

- Please note that all packages require a **50%** down payment at your first session, and final payment is required after **40%** of your sessions have been completed.
- All packages are valid for 1 year from the time of purchase, unless more than **100 sessions** are purchased, for which you would have **18** months until they expire.
- Sessions are **45-60mins** in duration, depending on the patients fitness level and requirements.
- All sessions are private and 1:1
- Rehab and other therapies are not included in the above sessions or packages.
- Missed sessions/no shows/late cancellations with less than 48hrs notice will be subtracted from the total session number.
- Packages are non-refundable.

START YOUR JOURNEY TODAY!

Small Steps. Big Changes. We're here to help you every step of the way.

EXPERT GUIDANCE
Personalized support from our team.

PERSONALIZED PLANS
Programs tailored to your goals.

TRACK PROGRESS
Stay motivated. See real results.

SUPPORTIVE COMMUNITY
You're not alone in your journey.

STRONG BODY. CLEAR MIND. BETTER LIFE.