

WA SPORTSMED PHYSIO HEALTH & PERFORMANCE FACILITY

FREQUENTLY ASKED QUESTIONS

HEALTH & PERFORMANCE FACILITY & MEMBERSHIPS

What are the opening hours of the Health & Performance facility?

The facility is open 5am – 10pm 7 days a week.
Some of these hours will be staffed by a Health & Performance staff member.

Can I drop in anytime to your gym, or do I have to schedule an introductory consultation?

Feel free to drop in anytime and see the facility as well as organise membership, however, prior to your first session you will be required to complete a membership introduction session. Contact info@wasportsmed.com.au to schedule this in.

What types of memberships do you offer?

We offer upfront payment options for 12 or 6 months which include Strength & Conditioning Assessments where you will have a program developed by your coach. Alternatively, we have a fortnightly direct debit option. See pricing:

Gym Membership	Early Bird Cost	Inclusions
12-Month Upfront	\$1200 (\$23 p/w)	2 x S&C Assessments (\$180)
6-Month Upfront	\$650 (\$25 p/w)	1 x S&C Assessment (\$90)
Direct Debit	\$29 p/w (\$58 p/fn)	

Can I cancel my membership anytime?

If you are on a direct debit agreement you may cancel your membership anytime with at least 14 days notice. If you have paid for your membership upfront, you will require a medical certificate that suggests you are unable to attend the gym due to health concerns.

Can I suspend my membership?

Speak to our team if you are an upfront member and would like to suspend your membership.

Are group classes included in my membership?

No, group classes are not included in your membership, however, members receive 10% off all classes and class packs.

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CLASSES

What types of classes are offered at WA SportsMed?

We have classes to suit everyone! Whether it's a HIIT circuit, Strength & Conditioning coaching, Rehabilitation or Clinical Pilates.

PHYSIOTHERAPY CLASSES

What are the changes regarding Functional Strength classes?

Functional strength classes will now be called "Functional Rehabilitation" classes. These run in our brand new Health & Performance facility and subsequently a small price increase will occur to reflect the quality of the service by your physio. With our expansion into the gym, we will be offering more class times and should you purchase a block of classes you will be asked to book these in advance to secure your spot. Health fund rebates will continue to apply.

What are the changes regarding Movement & Rehab Classes?

Movement & Rehab Classes will now be called "Clinical Pilates" classes to reflect better the service provided. Our Pilates room is being further upgraded with new equipment to improve the service for our patients and subsequently, a small price increase will occur. We will be offering more class times and should you purchase a block of classes you will be asked to book these in advance to secure your spot. Health fund rebates will continue to apply.

What is the difference between Clinical Pilates and Functional Rehabilitation classes?

Clinical Pilates will utilise the equipment in our Pilates room with a maximum of 3 participants with a focus on neuromuscular patterning, muscle control, flexibility and movement re-training. Functional rehabilitation classes will run in our brand new health & performance facility with a max of 6 participants with a focus on coaching strength and movement specific to injury rehabilitation or prevention.

4. What are the prices of physio-led classes?

Class Name	Drop-in	6-week Block
FUNCTIONAL REHABILITATION 60 MIN - MAX 6	\$60	\$300 (\$50 per class) *Must book 6 sessions
CLINICAL PILATES 60 MIN - MAX 4	\$50	\$240 (\$40 per class) *Must book 6 sessions

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HIIT CLASSES

Do I need any assessment before joining HIIT classes?

No, book online and jump right in!

Are HIIT classes included in the gym membership?

No, however, facility members receive a 10% discount on all class services in the gym.

Will I receive a rebate after attending HIIT classes?

No, these classes are run by non-clinical staff.

Is the training program individually tailored during HIIT classes?

The coach will have a set program with stations that everyone will be asked to complete. Our coaches will have alternative stations for those that cannot complete a certain activity for whatever reason, just notify your coach on arrival.

What are the prices of HIIT classes?

TYPE	PRICE
1 CLASS	FREE
CASUAL DROP-IN	\$20
12 CLASS PACK	\$200 (only \$16.60 per class)

A pack of 12x classes to be used and booked at your leisure.

STRENGTH & CONDITIONING CLASSES

How are Strength & Conditioning classes different from physio-led classes?

S&C classes will be run by a qualified S&C coach. These coaches will be better attuned to programming your session in order to improve your athletic performance or development goals.

Do I need an assessment prior to attending Strength and Conditioning classes?

Yes, you will need to complete an S&C Assessment prior to attending a class in order to individually program your workouts to best help you achieve your health and performance goals.

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What is a Strength & Conditioning Assessment?

This session will be a 1 on 1 consult with our coaches to discuss your history as well as provide you with your individualised program that will best help you achieve your goals.

What are the prices of S&C classes?

Class Name	Cost
S&C Assessment (45 min)	\$90
Casual S&C Class (60 min)	\$40
6 Class Pack	\$225 (\$37.5 per class)
12 Class Pack	\$420 (\$35 per class)

Do I need to be an athlete to join S&C classes?

No! Anyone can benefit from improving their health and performance no matter how active they are.

Can I join Strength and Conditioning classes while attending physio-led classes?

Absolutely. The beauty of working in a collaborative, high-performance facility is that our staff will work together to provide you a complimentary service that will enhance your health and performance.

Are Strength and Conditioning classes included in my gym membership?

No, however, facility members receive a 10% discount on all class services in the gym.

Are Strength and Conditioning classes tailored and individualised or rather generic?

S&C classes will involve you completing your individualised program developed by your coach in your assessment.