

Membership Breakdown

	Initial Assessment	1-on-1 Session	Group Classes	Casual Visits
Physiotherapist or Exercise Physiologist guidance	✓	✓	✓	✓
Access to warm water hydrotherapy pool environment	✓	✓	✓	✓
Use of hydrotherapy equipment	✓	✓	✓	✓
Booking required via the Guide Connect App	✓	✓	✓	✓
1:1 clinician supervision	✓	✓	✓	✓
Discounted pack pricing available (5 sessions)	✗	✓	✓	✓
Discounted pack pricing available (10 sessions)	✗	✓	✓	✓
Personalised hydrotherapy program design	✓	✓	✗	Post Initial Ax
Exercise programming progression	✓	✓	✓	✗
Clinical review and exercise modification	✓	✓	✗	✗
Small group exercise session	✗	✗	✓	✓
Flexible session access	✗	✓	✓	✓
Discounted Longevity member rates	✓	✓	✓	✓
	\$195 / Assessment	From \$125 / Session	From \$290 / Pack	From \$30 / Session