



Life Care Active Reynella & Aldinga Beach Court Fee Schedule - Effective 19 July 2021

The below fees are for eligible for claiming under **Private Health Insurance**. Please note that these services are also eligible to claim through **Medicare EPC plans (no gap)** or through the **Department of Veterans Affairs (DVA)** for eligible clients.

Allied Health	Initial Consult	Subsequent
Exercise Physiology, Podiatry, Physiotherapy, Occupational Therapy (clinic Based)	\$90.00	\$67.00

Personal Trainer Led Exercise	Fee
Life Fit	\$10.00
Strength and Balance	\$12.00
Parkinson's Exercise	\$12.00
MS Exercise	\$12.00
Drumball	\$12.00
Personal Training 1:1	\$43.00
Small Group PT	\$17.00



Class Descriptor	Intensity	Focus
MS Exercise: A specialised exercise group for clients with Multiple Sclerosis. Programs are designed and supervised by an Exercise Physiologist and are designed to work towards a client's individual goals. Eligible for NDIS funding.	Individualised	Multiple Sclerosis disease management
Parkinson's: A group exercise class for clients with Parkinson's disease focusing on the key areas affected by the disease process. Led by an Exercise Physiologist.	Individualised	Parkinson's disease management
Strength and Balance: 1) A group exercise class for clients looking to maintain their independence at home. A strong focus on falls prevention, functional strength for activities of daily living, and improving confidence for everyday living. Led by a Physiotherapist or Exercise Physiologist. 2) A higher level balance class led by the Personal Trainer.	1) Low 2) Low - Medium	1) Fall prevention, maintaining independence 2) Fall prevention, maintaining independence
Life Fit: Personal trainer led class in the gym with individualised programs combining cardio with strength, flexibility, balance and agility.	Individualised	Cardio, strength, balance, agility
Drumball: This class gets the heart rate up and challenges coordination by drumming on a fitball! Great way to have fun, make some noise and use gentle movements to music.	Medium	Cardio, coordination, flexibility and fun!

