



Move & Master Class

Children's Foundational Strength Class 

Aimed at improving fundamental motor skills, coordination, overall strength and confidence, sport-specific skill development and preventing injuries.

- Classes suitable for 7-12-year-olds
- Safe and effective group classes run in a gym setting, designed to support safe movement and motor development
- 1:4 ratio run by Children's Physiotherapist
- Located in Eltham



**Term Bookings
OPEN NOW**
Use the QR code to
express interest!



Class / Package Information

- Initial Consult (mandatory): \$200
 - **Usually \$420 (save \$120)*
- Kickstart Package (mandatory): \$300
 - 3 x 1:1 30-minute gym sessions
 - All equipment provided
- Your choice of quantity for 1:4 40-minute group sessions:
 - Single session: \$60
 - 10 sessions: \$550 (1 x weekly) - **save 10% on term fees*
 - 20 sessions: \$1000 (2 x weekly) - **save 15% on term fees*
- Group classes run weekly on Tuesday and/or Thursday at 4:00 pm
 - Commitment to full block recommended (10 weeks)
 - Small group of 4 children in each class
 - Run by a Children's Physiotherapist
- What the program includes
 - Functional motor skill activities
 - Strength & mobility exercises
 - Fun, engaging, age-appropriate sessions
 - Fully equipped on-site gym
 - Home exercise program included to practise at home



** Please refer to T&C on website

