

EmpowerHer by Hands on Therapy Pricing & Packages

Pilates Classes (In-Person)

Service	Description	Price
Women's Health Pilates	1:1 session in clinic.	\$60 per session
5-Class Pack 1:1	1:1 session in clinic	\$285
10-Class Pack 1:1	1:1 session in clinic. Best value for ongoing care	\$550
Semi-Private In-Home Pilates	2–4 participants: a small group of your friends and family in the comfort of your own home	\$70 per person
1:1 Private In-Home Pilates	Individual assessment or tailored session in the comfort of your own home	\$100

Educational Courses

Course	Format	Price
Understanding Your Body in Pregnancy	In-person or live online workshop	\$120
Postpartum Recovery & Your Body	In-person or live online workshop	\$120
Movement, Strength & Menopause	In-person or live online workshop	\$120
Online Education Courses (Recorded)	Self-paced 7-day access (Coming Soon)	\$100

Signature Packages

Pregnancy Support Programme

Confidence, strength, and preparation for pregnancy

Includes:

- Intake review
- Pregnancy education course (online or in-person)
- 8 pre-natal 1:1 Clinic Pilates classes

Price: \$570

Optional upgrade: Add 1:1 assessment (+\$120)

Postnatal Recovery Programme

Guided recovery, rebuilding strength safely

Includes:

- Intake + mandatory 1:1 assessment
- Postpartum education course
- 10 progressive 1:1 postnatal Pilates classes in clinic

Price: \$800

Menopause Strength & Movement Programme

Support through peri-menopause, menopause, and beyond

Includes:

- Intake review
- Menopause education course
- 10 menopause-focused Pilates / strength classes

Price: \$685

Optional add-on: Bone health or pelvic floor assessment (+\$120)

Online-Only Packages

Package	Includes	Price
Pregnancy Foundations (Online)	Pregnancy education + online Pilates class	\$220
Menopause Foundations (Online)	Menopause education course	\$110
Online Pilates Class (following initial in person assessment)	Online Pilates Class	\$50

Introductory Options

Offer	Details	Price
First Pilates Class	New clients only	\$40
Free Information Session	Selected workshops & talks	Complimentary
