

NEXT MOVE CONDITIONING

MOBILE EXERCISE PHYSIOLOGY | BRISBANE

SESSION FEES

SERVICE	DURATION	FEE
Initial Assessment	60 min	\$160
1:1 EP Session	45 min	\$140
6-Week Kickstart	6 × 45 min	\$135
12-Week Apex	12 × 45 min	\$132.50
Duo EP Session (2 People)	45 min	\$90 pp
Small Group (<8 People)	45 min	\$35-\$5 pp
Telehealth (Video Consultation)	30 min	\$80

See below for detailed program inclusions and support features.

Services outside the local service area (10-20km+) incur a flat \$25 travel levy.

Extended travel across Greater Brisbane regions available upon request.

SERVICE AREAS

OFFICE
Bardon 4065, Brisbane

LOCAL (0-10KM)

Paddington, Ashgrove, Toowong, St Lucia, Chelmer, Kenmore, Chapel Hill, The Gap, Keperra, Grange, Albion, West End, New Farm, Kangaroo Point, Hamilton & Newstead.

METRO (10-20KM)

Clayfield, Ascot, Bulimba, Wavell Heights, Bridgeman Downs, Aspley, Ferny Hills, Upper Kedron, Samford Valley, Pullenvale, Jerrymon, Tarragindi, Mount Gravatt & Carindale.



EXTENDED REACH

Greater Brisbane regions including Ipswich, Logan and North Lakes available upon request.

PROGRAM PATHWAYS

Structured mobile Exercise Physiology programs individually tailored to your goals, current capacity and lifestyle, delivered in the home, gym or community setting.

Initial assessment required prior to commencing any program pathway.

6-WEEK KICKSTART

A focused short-term program designed to rebuild movement, confidence, and routine following injury, illness, surgery, or reduced activity. Ideal for establishing consistency, improving function, and creating a strong foundation for ongoing progress.

- ✓ 6 weekly 1:1 EP sessions
- ✓ Personalised exercise program
- ✓ Goal-focused progression and support
- ✓ Home or gym-based training options
- ✓ Educational resources and guidance
- ✓ Email and SMS support between sessions
- ✓ Week 6 progress review and reassessment
- ✓ GP progress update
- ✓ 1-week session rescheduling flexibility

\$135 PER SESSION

FORTNIGHTLY BILLING AVAILABLE

(Total: \$810 | Save \$30)

12-WEEK APEX

A comprehensive progression program designed to create lasting improvements in strength, movement, fitness, and functional capacity for everyday life, work, travel, hobbies, and long-term health.

- ✓ 12 weekly 1:1 EP coaching sessions
- ✓ Comprehensive personalised exercise program
- ✓ Personalised home and gym training plan
- ✓ 3 structured exercise progressions across the program
- ✓ Expanded exercise library, resources, and support tools
- ✓ Mid-program Week 6 review and GP progress update
- ✓ Week 12 final review and progress summary
- ✓ Comprehensive GP progress report
- ✓ Priority SMS and phone support between sessions
- ✓ 2-week session rescheduling flexibility

\$132.50 PER SESSION

MONTHLY BILLING AVAILABLE

(Total: \$1,590 | Save \$90)

Note: All programs are fixed-term commitments; payment plans represent the total program investment and are not a per-session subscription.

HELPFUL NOTES



Direct billing available for eligible schemes.



Reports can be provided to GPs, insurers and case managers where required.



Guidance available to help navigate the most suitable funding pathway.

CONTINUITY CARE



Continuity EP Session
Available following completion of the 12-Week Apex Program.

\$135
/SESSION

FUNDING & REBATES

FUNDING	COVERAGE	REBATE / COST	REFERRAL REQUIRED
Private Health	Extras Cover	\$30-\$70 rebate	No referral required
Support at Home (100% Government Funded)	Short-Term Recovery & Ongoing Independence	100% Government funded	My Aged Care / Provider referral
Medicare (GP Plan)	Chronic Condition Management	\$61.80 rebate	GP referral required
Medicare Diabetes	Type 2 Group Support	\$79.30 initial rebate	GP referral required
NDIS	Capacity Building Supports	Fully funded, as per Price Guide	Self or Plan Managed
DVA	Eligible veteran services	No out-of-pocket	GP referral required
WorkCover / CTP / IP	Return to Work Rehabilitation	No out-of-pocket, as per Table of Costs	Medical referral, Insurer approval



nextmoveconditioning.com



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