

Neuro and Associate Member therapy charges

All appointments are subject to availability

	Neuro Member price per session	Associate Member price per session
Annual membership	£32	£42
Acupuncture	£29	£42
APS	£7	£11
Art and craft groups	£3	£3
Aqua yoga and Aqua circuits	£13	Aqua Yoga: £18
BoxFit, HIIT, Stretch 'n' Flex, Balance Warrior, Regulate & Rhythm	£6	
Counselling	£35 Fixed charge for first 6 sessions & then £60 per session)	£60
Gym	£8	
1:1 Gym	£10	
1:1 Hydrotherapy physiotherapy	£25	
Independent aquatic session	£10	
Land Circuits	£13	
Massage/reflexology	£25	£40
Oxygen therapy	£20	£29
Pilates and yoga (seated & mat)	£10	£10
Physiotherapy assessment	£35	
1:1 physiotherapy	£30	
Podiatry	£30 Fixed charge	£45
Upper limb group	£8	
Strength in Unity group	£5	£5

We ask for at least 24 hours' notice when cancelling appointments. For on the day cancellations & no shows please see our cancellation policy for charges.

Please bring a towel with you for therapy, gym and pool sessions. A £2 hire charge will be applied for the use of Centre towels.