



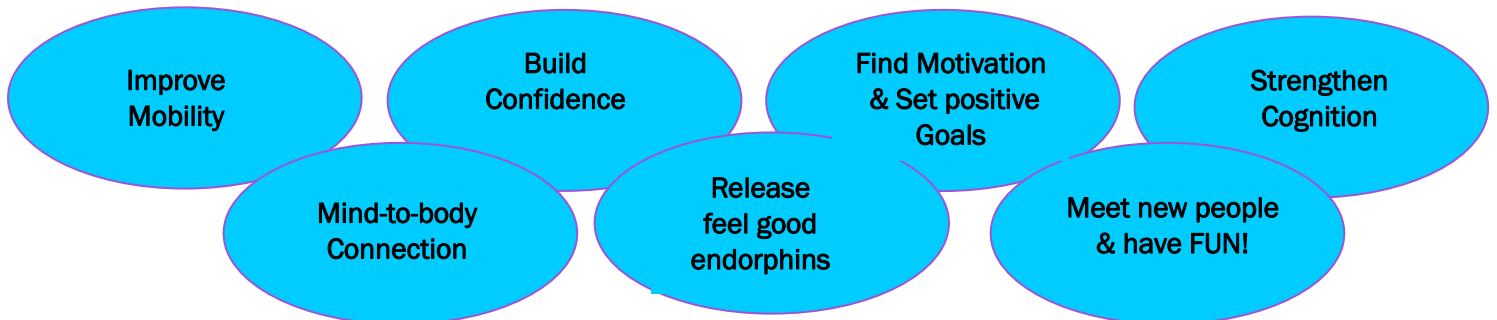
SOCIAL KIN CLUB



Personal Training with KIN club

The Personal Training Kin Club program is designed to ensure that participants health and fitness goals can be achieved. Whether it be at a local gym, the Y.E.S Kin Club, park or at home, we've got you! That includes if you're a wheelchair user, have a brain injury, are neurodiverse, or struggle to feel confident with mainstream fitness.

Our NDIS Personal Trainers are focused on delivering programs that the participant will love. We consider individualised support needs, personal attributes, and preferences. In other words – a participants unique personal centred fitness plan. That means, programs that are built to specifically match a participant's goals and body's needs - not what others might assume they want.



COSTS and NDIS Funding

Even if personal training is not specifically included in your NDIS plan, participants can still access our services. There are four different items across both the NDIS core and capacity building support categories that can be used to fund our services. Since we work in the general community, at your home, and in local gyms, we support NDIS participants with social and community participation, which can be funded.

Personal training falls under its own capacity building category, along with exercise physiology, under improved health and wellbeing. These support items aim to maintain or increase physical mobility and wellbeing through personal training or exercise physiology. These supports can only be delivered by professionals who are accredited exercise physiologists or personal trainers.

At PT Y.E.S Kin Club, our personal trainers have the relevant qualifications to deliver these supports and can be funded under your NDIS plan. In addition to improving health and wellbeing, our services can also contribute to other funding categories. For example, under the NDIS core funding category of "Assistance with Social, Economic, and Community Participation," our personal training sessions, which often occur in the local community, can assist with community and social participation. Similarly, under the capacity building support of "Increased Social and Community Participation," our services actively promote social and community participation while providing a beneficial workout.



So, even if personal training is not explicitly mentioned in your NDIS plan, you may still be able to access our services and benefit from the support of our qualified personal trainers in achieving your health and fitness goals while engaging in social and community activities.

Charges are flexible depending on the participants requirements. There is flexibility to use the participants own support worker, separate transport options and/or use Y.E.S Support Services.

If you need to discuss your options, we have a professional team ready to take your call.

PH: 0409 750 791

In the KIN Personal Gym

Basic Cost Price \$130.00pp (pp – per person)

Includes:

1 hour PT session, a personalised program, a report every 10 sessions, and KIN Club administration and centre fee.

- Book 10 at the discounted total cost of \$1,188.00pp
- 3 session tester \$387.00pp
- Share the cost with maximum of 3 friends and receive the discounted price of \$65.00pp per session. *Must book 10 sessions to access discount.

If attending on a Saturday

Basic Cost Price \$167.00

- Book 10 receive a discount \$1,532.00pp
- Group discount up to maximum of 3 participants \$84.00pp
- 3 session tester \$500.00pp

At home

A PT can come to you and help you exercise at home or at a location you choose. **Basic cost, plus travel time and KM'S.**

In a commercial gym

Provided your gym allows your NDIS PT to come with you the costs will be as follows.

Basic Cost Price \$130.00pp PLUS travel time and km's.
LESS centre & resource costs. -\$10.00ph

A Personal Trainer might cost more than a gym membership; however they create tailored workouts to suit your abilities and help you smash your fitness goals.

What you need to bring

Participants must be prepared for Joggers /sandshoes Shoes

- Gym gear or comfortable shirt, shorts no singlets or loose hanging embellishments or decorative drapes.
- Hat
- Water bottle
- Towel

BOOKING ARE ESSENTIAL

0409 750 791