



Specialty Classes + Excursions

Autonomy In Movement (AIM) helps people explore and engage in autonomous, brave and life-enhancing movement. Our specialty classes and excursions provide regular, trauma-informed and community-oriented options for sustained engagement in movement.



Reclaiming Movement

AIM's foundational peer-led class specifically designed with and for people living in a variety of bodies and navigating a range of clinical conditions, who wish to explore an autonomous, brave and life-enhancing relationship with movement in a private, mirror-free, trauma-informed and inclusive space.

Book now:
Saturdays 9.30am



Reclaiming Movement - Strength

An extension of Reclaiming Movement with a specific focus on strength.

Note: For the sole purpose of access to equipment, this class is located in a semi-public gym space so mirrors, external members and traditional exercise messaging may be present. It is recommended participants begin in the foundational Reclaiming Movement class then move to this class only if it feels safe to navigate fitness culture in an informed and empowering way. We therefore recommend checking in with Alanah prior to attending.

Book now:
Wednesdays 6.15pm



Movement Excursions

Our new, off-site excursion group is a first-of-its-kind, trauma-informed and charity-centred movement experience. The excursions involve a small group of AIM clients coming together to try a new movement experience across different locations in Brisbane, every eight weeks, in a trauma-informed and experiential manner. There will also an optional opportunity to donate a small offering to a chosen charity with each attendance, to facilitate a higher purpose of the movement.

Book now:
Every eight weeks

Additional Information

Locations:

Our on-site classes are located at our Toowong space (inside Riverside Fitness - 6 Landsborough Terrace, Toowong QLD 4066). Our eight-weekly movement excursions change location depending on the activity.

Durations:

Classes are 60min classes; excursions are 6-90min.

Pricing:

Classes are \$25-\$35/class depending on pack chosen (see the next page). Excursions start at a base rate of \$25pp (includes organising/administrative time plus facilitation and attendance by AIM's Accredited Exercise Physiologist, Alanah Reilly). An additional cost <\$50 applies if facilitated by an external provider or instructor.

Note: A 1:1 initial consult with Senior Accredited Exercise Physiologist Alanah Reilly is required (prices and rebates are on the next page).

Safety:

Medical clearance may be requested on a case-by-case basis, and attendees must advise Alanah if they are experiencing any symptoms or conditions in addition to those already reviewed at the initial or review consult/s.

BOOK NOW TO SECURE YOUR PLACE

Autonomy In Movement PTY LTD
Alanah Reilly (she/her)
Founder and Director
Accredited Exercise Physiologist (Hons)
Provider no.: 5182279T

www.autonomyinmovement.com.au
P: 0421 866 717 | F: 07 3112 5912
contact@autonomyinmovement.com.au
608 Brunswick St, New Farm Q 4055

All The Details!



1. Class and Movement Excursion Pricing and Rebates:

- Pricing:**
 - Classes ("Reclaiming Movement" and "Reclaiming Movement - Strength"):**
 - Casual:** \$35/class, to be used within one month of purchase.
 - 5-Pack Upfront:** Discount - \$150 (\$30/class), to be used within six months.
 - 10-Pack Weekly Direct Debit:** Discount - \$250 (\$25/class), weekly instalments, to be used within 12 months.
 - 10-Pack Upfront:** Discount - \$237.50 (\$23.75/class), to be used within 12 months.
 - Movement Excursions:**
 - A \$25 flat administrative/organisation and EP attendance fee will apply to each person for each excursion.
 - An additional fee <\$50 will be applied to excursions involving an external organisation or provider.
 - Excursions are therefore either \$25 if no external provider is required or -\$60 if they are.
- Rebates:**
 - Rebates for both classes and excursions may be available via:
 - Private health (depending on your cover).
 - NDIS (depending on your package).
 - Medicare Type 2 Diabetes Mellitus Care Plan (up to eight class rebates per calendar year, where you settle the class amount then receive a \$18.65 rebate or more if you have reached your Medicare Safety Net) which is paid to your account within 1-2 days.

2. Initial Consult Pricing and Rebates:

- Initial l1 consult** (face to face or Zoom, 50min) with Alanah is a requirement prior to attending the classes or excursions.
 - If using a Medicare Chronic Disease Management Plan (CDMP):** You settle \$250 (includes an additional 30-60min after your consult for case formulation, plan/program writing, letter writing to your team, emailing you copies and other resources, etc.) then AIM then processes your \$58.30 rebate for you (or more if you have reached your Medicare Safety Net) which is paid to your bank account within 1-2 days. Please note, you may only receive up to x5 rebateable l1 sessions per calendar year under this plan.
 - If using a Medicare Type 2 Diabetes Mellitus Care Plan (T2DM plan):** You settle \$250 (as above) then AIM processes your \$74.80 rebate for you (or more if you have reached your Medicare Safety Net) which is paid to your bank account within 1-2 days. Note, under this plan, you receive only x1 rebateable l1 session per calendar year (plus up to x8 group rebated sessions, see details in "Review consults and eligible rebates" below). To add more rebateable l1 sessions, many people then switch to using their CDMP for an additional x5 rebateable l1 sessions per calendar year.
 - If utilising NDIS:** \$166.99 (60min as per the NDIS guidelines) is settled by your plan manager or by you if you are self-managed.
 - If using Private Health:** You settle \$250 (as above) then you can process your rebate with your fund, which will vary depending on the fund you are with and the level of cover you are eligible for. Speak with your fund for more information.

3. Review Consult Pricing and Rebates:

- l1 review consults** are recommended weekly to fortnightly during the first month, then weekly to monthly thereafter (or at another frequency that we both agree). Three and six month reviews are also recommended.
 - If using a Medicare Chronic Disease Management Plan (CDMP):** You settle the review cost (\$195 for 50min or \$105 for 30min), then AIM processes your \$58.30 rebate for you (or more if you have reached your Medicare Safety Net) which is paid to your account within 1-2 days. Note, rebates remain a consistent amount regardless of the duration of the consult.
 - If utilising NDIS:** \$166.99 (60min) or \$83.50 (30min) is settled by your plan manager or by you if you are self-managed.
 - If using Private Health:** You settle the cost (\$195 for 50min or \$105 for 30min), and you can then process your rebate which varies depending on the health fund you are with and the level of cover you have. Speak with your fund for more information.

4. Cancellation Policy:

- Classes:** For classes purchased in a discount pack, a 100% cancellation fee applies (ie. a class pass is used) when cancellations occur within 24 hours. The only exception to this is for casual class passes - a 25% cancellation fee applies as they are purchased at a higher rate.
- Excursions:** 100% of the total excursion fee applies when cancellations occur within 24 hours; extenuating circumstances may be exempt on a case by case basis.
- Initial Consult:** No cancellation fee applies to the initial consult unless it has been cancelled for a second time, in which case 50% of the consult fee is applied to cancellations within 48 hours of the consult and 100% to cancellations within 24 hours (extenuating circumstances may be exempt on a case by case basis).
- Review Consults:** 50% of the review consult fee is applied to cancellations within 48 hours of the consult and 100% to cancellations within 24 hours (extenuating circumstances may be exempt on a case by case basis).

5. Payment Methods:

- Most classes, excursions and consults are to be settled via bank transfer within seven days of attendance: **Name: Autonomy In Movement PTY LTD; BSB: 062 692; Account: 7234 8096**
- The only instance in which this is not the case is when purchasing the "10 Pack Weekly Class Direct Debit" - this must be purchased through Stripe: <https://buy.stripe.com/9AcQb67rH0HA969Ac>

6. Medical Clearance and Safety:

- Clearance to exercise is determined at your initial/review consult with Alanah. On a case-by-case basis, medical clearance may also be requested by Alanah by your doctor.
- Safety is our first priority. Therefore, attendees must please advise Alanah if they are experiencing or have experienced any symptoms in the past week at each class (see table).
- For safety purposes, clients must aim to consume:
 - Fluids and a snack within 1hr before AND 1hr after movement. OR:
 - Fluids and a meal within 2hr before AND 1hr after movement.

7. Team Correspondence:

- Letters, emails and/or calls may occur between Alanah and the treating team members you consent to. This is to help ensure continuity of care and safety are achieved.

8. Language:

- All AIM classes and excursions are to remain respectful and inclusive. Discussions which encourage food restriction, dieting, compensatory behaviours, self-harm, hate speech or anything similar will not be tolerated. A one-off compassionate warning will be provided if this does occur, and if the discussion occurs again, the individual may be asked to leave the class or excursion. Conversely, respectful and inclusive discussion is encouraged.

9. Class and Excursion Formats:

- Attendees:** Classes and excursions are currently available to AIM clients only, with a maximum of eight people per class or 10 people per excursion. Attendees may be navigating a range of physical and/or psychological conditions and are also aiming to seek to restore their relationship with movement and their bodies.
- Spaces:** The "Reclaiming Movement" class space is located in Riverside Fitness, Toowong, upstairs in a mirror-free, private, air-conditioned space. The "Reclaiming Movement - Strength" space is located downstairs at Riverside Fitness in the air conditioned gym which has open mirrors and is semi-public. The excursion spaces will vary depending on the activity (e.g. indoors, outdoors, etc) but will always be located in Brisbane and surrounds.

1. Reclaiming Movement:

- Class begins with a gentle and guided dynamic warm up (5-10min) which can include gentle throwing, catching, bouncing or kicking a ball in a group, and/or swinging the arms and legs. A check-in also occurs at this time (see "Check-Ins" in point four, below).
- This mirror-free class offers three movement stations ("Station 1", "2" and "3"), each taking 10-15 minutes to complete.
- Attendees, either singular or in a pair, rotate stations in numerical order until everyone has completed or attempted each station (however, engagement is completely optional and absolutely nothing is compulsory).
- Each station offers two substations, "a" and "b", each focusing on a different type of movement development (e.g. balance, strength, coordination, etc).
- Substations also offer "foundational" and "progressed" options for attendees to try - in fact, some people choose to make up their own versions or even go have a rest, and anything is absolutely fine and encouraged, as long as it is safe!
 - la. 1-2min OR -10-15 reps (low to moderate intensity)
 - lb. As above
 - lc. Optional rest for 30sec
 - Repeat once or twice more (this is flexible and depends on the time remaining).
- This efficient and cyclic layout is common in the movement setting and is technically termed "supersetting".
- Your own intensity may be chosen depending on your safety and what feels best for you. Please note: if you are currently in recovery from an eating disorder, speciality evidence-based and best-practice exercise guidelines may apply and will be discussed in your initial consult.
- Once you have finished at the station, wipe over the equipment you used with disinfectant wipes provided and move to the next one (in numerical order).
- Movements at one station will be changed each week, so that variety in movement can occur.
- Class finishes with a gentle and guided static cool down (5-10min), which can include seated and standing group stretching. A check-in also occurs at this time (see "Check-Ins" in point four, below).

2. Reclaiming Movement - Strength:

- Class begins with a gentle and guided dynamic warm up (5-10min) which can include throwing, catching, bouncing or kicking a ball in a group, and/or swinging the arms and legs. A check-in also occurs at this time (see "Check-Ins" in point four, below).
 - This mirrored class offers two movement stations ("1" and "2") each lasting ~20 minutes.
 - Attendees (up to three people per station) swap stations at half time. A short five minute break is provided at this half-time mark, although breaks and changes to the movements are welcomed at any time.
 - Each station offers three to four substations, each focusing on a different type of strength development (e.g. arm strength, back strength, etc).
 - Substations are rotated through three to four times, or until the ~20 minute mark, as follows:
 - la. 1-2min OR -8-12 reps (moderate intensity)
 - lb. As above
 - lc. "
 - ld. "
 - Optional rest for 30sec
 - Repeat two or three times more (this is flexible and depends on the time remaining).
 - This efficient and cyclic layout is common in the movement setting and is technically termed "supersetting".
 - Your own intensity may be chosen depending on your safety and what feels best for you. Please note: if you are currently in recovery from an eating disorder, speciality evidence-based and best-practice exercise guidelines may apply and will be discussed in your initial consult.
 - As you move through your substations, record your sets, reps and weight lifted on the paper/pen log provided (this is completely optional and is only meant to help people keep track of their lifts instead of asking Alanah each time. Some people find this triggering and absolutely do not have to engage - Alanah is more than happy to assist with recommendations and support at any time).
 - Once you have finished at the station, wipe over the equipment you used with disinfectant wipes provided and move to the final station.
 - Movements are changed every six weeks, as the group decides, or as equipment availability permits (as it is a shared public space).
 - Class finishes with a gentle and guided static cool down (5-10min), which can include seated and standing group stretching. A check-in also occurs at this time (see "Check-Ins" in point four, below).
- The new movement excursion groups are a first of their kind, trauma-informed movement community specifically for AIM clients.
 - The excursions involve a group of attendees coming together to try a new movement experience across different locations in Brisbane, every eight weeks, in a trauma-informed and experiential manner. There will also be an optional opportunity to donate a small offering to a chosen charity with each attendance.
 - The excursions aim to support **three main objectives**:
 - Facilitate belonging and acceptance by being part of a likeminded and vibrant trauma-informed movement community.
 - Provide exposure to variety of new movements and environments, which may help attendees more deeply understand movement likes and dislikes, support self-confidence and self-efficacy, and enhance openness to new experiences.
 - Add a "giving" dimension, a small donation to a chosen charity, to a chosen activity.
 - These objectives aim to help make movement a more positive, multi-dimensional experience.
 - The excursions are ~60-90min in duration and must be booked into through both AIM's website and an external organisation if required.
 - After taking your own form of transport, we gather at a central meeting point, ~10min early.
 - We complete a group check-in (see below) and also acknowledge the charity group we have chosen to support. We will have already donated to the group before the excursion, to minimise double handling at the group.
 - We will be introduced to the new movement by either Alanah or an external instructor/organisation, and we can ask any questions we may have before getting started.
 - We start the movement, beginning at the foundational option. We can move to the progressive option/s if safe and preferred.
 - We finish the movement, cool down and debrief/check-in as a group (see below).
 - Insurance is either covered as per usual by Alanah's clinician policy (at any location in Australia) or by an external organisation if they are facilitating the group.

- Check-Ins:**
 - From the very start of the classes and excursions, the "5 Steps of Intuitive Movement" (as per your booklet) will be utilised.
 - This mindful process starts with a check-in during the group warm up, where we may ask ourselves kind and curious questions such as:
 - How are we feeling physically and emotionally? Have we had a chance to have something to eat and drink? What movement (planned or incidental) have we engaged with in the past few days, and what movement/life plans do we have coming up in the next few days we may like to keep or gain some energy for? What do we hope to experience today/what is our reason for attending (e.g. "try something new", "socialise", "safely challenge myself", etc)?
 - Please note: if we haven't had a chance to have something to eat recently, are experiencing symptoms, etc, please let Alanah know so she can help adjust the movement to be more safe or help you decide on an alternative action such as taking a few minutes to eat a muesli bar on hand, etc.
 - Further, some attendees choose to share their thoughts and others prefer to keep them private - both are absolutely ok! If sharing, a reminder to kindly refer to the language clause above, and remaining mindful that it is a group setting.
- Throughout the class or excursion, Alanah will gently encourage attendees to reflect on any "red flags" or "green flags" that may be presenting, and will assist with making any changes to the movement or thought processes, in the moment.
 - For example, someone may notice a red flag - comparing to others - so we may invite a kind private or group discussion to work through this (depending on your preference, the activity, time available, etc).
 - We may then decide to utilise the "TERRORS" Principle in the "5 Steps of Intuitive Movement" process to change the movement slightly, if that feels achievable and safe. For example, we may decide to change "T" (intensity), "R" (take a rest), etc.
- After making a small change, the activity may then turn into a green flag - choice in movement - which may allow us to regain self-efficacy over the movement which suits us best (not anyone else) and therefore facilitate a positive change in our relationship with movement.
- Again, this process can be private or more group-based depending on your choice and the setting. Booking a l1 consult (face to face or Zoom) with Alanah to reflect is often recommended.

10. Location Details:

- Classes are located at Riverside Fitness Toowong - 6 Landsborough Tce, Toowong QLD 4066.
- Excursions are located across Brisbane and surrounds, depending on the activity. Details will be provided to attendees before each trip.

11. Parking and Transport:

- Eight free parking spots are available at the Riverside car park, however they are often full. Therefore, street parking or parking at First Choice Liquor (behind the Regatta Hotel, no towing occurs) may be helpful alternatives. Note, Brisbane City Council parking inspectors do patrol the street parking and can give tickets, so please ensure you park in legal spots.
- Excursion parking will depend on the location and details will be provided to attendees before each trip.
- Finding your own transport to classes and excursions is required.

12. Amenities and accessibility:

- Bathroom facilities are available at the classes, however are unfortunately labelled "male" and "female" and are not disability-accessible. A set of ~15 steps are also required to reach the top or bottom floors which we use. These factors are unfortunately out of AIM's control and we understand this may be a hindrance to attending.

13. What to Bring:

- Please bring a full water bottle and a snack for before and/or after the class or excursion. Please also bring a towel for the "Reclaiming Movement - Strength" class, to use on gym equipment.

14. Feedback:

- Feedback is always encouraged by clients, loved ones and clinical teams. Feedback may be sought or provided via verbal discussion and/or written questionnaires or emails.
- All services ant AIM (l1 consults, classes and excursions) rely on feedback to help ensure they are helpful for attendees.

Medical symptoms				
High, low or irregular resting heart rate	Food restriction	Pain/less	Pins and needles	Seizures/convulsions
High or low resting blood pressure	Vomiting	Difficulty concentrating	Light headedness	Loss of balance
Postural tachycardia	Diet pill use	Sleep concerns	Confusion	Asthma attack
Orthostatic hypotension	Laxative use	Nausea	Leg cramps	Anaphylactic reactions
ECG abnormalities	Self-harm	Cold or clammy skin	Cold or hot temperature	Surgeries
Blood test abnormalities	Fainting or near fainting	Wheezing	Bluish skin colour	Headaches
Recent weight loss	Dizziness	Oedema (fluid retention)	Mood concerns	Pregnancy
Recent refeeding	Loss of limb control	No or irregular pulse	Fatigue	Regular painful uterine contractions
Recent hospitalisation	Shortness of breath	Out concerns	Muscle pain or weakness	Persistent vaginal bleeding or loss of fluid

Any other symptoms or conditions not listed that may require special consideration to exercise.

About Alanah Reilly Founder and Director, Clinical Supervisor, Published Author and Senior Accredited Exercise Physiologist (Hons.)

Alanah Reilly, AIM's Founder and Director, is a Senior Accredited Exercise Physiologist and clinical supervisor with an advanced scope in mental health and eating disorders. Alanah was also an original cofounding director and now current board member of the "Safe Exercise at Every Stage (SEES)" Clinical Guidelines for the management of safe exercise in eating disorder recovery. Alanah has completed a range of specialised training in eating disorders, inclusivity and trauma-informed care. She is a published author and remains involved in a number of upcoming publications with both national governing bodies and Australian universities. Alanah is an invited writer and presenter for Exercise and Sports Science Australia, The Royal Australian College of General Practitioners, Education in Nutrition, the Queensland Academy of Sport, Eating Disorders Queensland, Eating Disorders Families Australia, the Queensland University of Technology, the University of Queensland and healthcare clinics nationally on the topics of safe movement during recovery from an eating disorder, as well as size diversity and trauma-informed care in the movement setting. Alanah has presented at annual conferences for both the International Academy for Eating Disorders as well as the Australia and New Zealand Academy for Eating Disorders, and has also fulfilled a role as an invited executive international conference organising committee member. Alanah also aims to complete her Masters and PhD studies in the future. In her spare time, Alanah loves hanging out with her husband, Sean (also an AEP), playing with her rescue dog Lola (half Border Collie, half Kelpie, who lives with OCD), having brunch either alone or with friends/family, watching documentaries, designing digital art, resting, engaging in life-enhancing movement and working on a range of fun side projects.