

# PRICES & POLICIES - PILATES Mat, Reformer & GROUP TRX®

## September 5 – October 28, 2017 (8 weeks)

*Classes at Atlantic Fitness Centre (AFC) Downtown 119 Kent Street Lower Level BDC Place (368-3622)*

*\*\*Schedule subject to change due to attendance\*\**

- Clients in Reformer and Introduction to Pilates classes must register for specific class times. Group TRX® Clients are also **encouraged** to pre-register to guarantee a strap - call to register 902-368-3622.

Clients in Pilates mat classes can purchase **AS MANY CLASSES AS THEY WOULD LIKE** (minimum of (5) FIVE) to be **used within the current session ONLY**. Participants must **sign-in when attending classes**.

### **PILATES MAT CLASS FEES per class** – (no classes Monday, October 9)

<i>For clients to receive the “per class” rate, a MINIMUM of (5) five classes must be purchased</i>	<b>AFC Members/ Senior (60+)/ Full-time Student</b>	<b>Non-Members</b>
		<b>\$10.00/class + hst</b>
<b>“Unlimited classes” Includes ALL Pilates mat &amp; GROUP TRX® classes!</b>	<b>\$225.00 + hst (average of over 3 classes per week)</b>	<b>\$245.00 + hst (average of over 3 classes per week)</b>

**\*\*\*\* DROP-INS for all classes are still welcome for \$11.30 + hst = \$13.00/class**

### **REFORMER FEES: Fees are to be paid on or before the first class please!**

The reformer group classes can accommodate four (4) participants. **Registration is required.**

#### **Reformer Rates:**

**6 classes:** AFC Members/SRs (\$20.00/class) **\$120.00 + hst = \$138.00**  
Non-members (\$21/class) **\$126.00 + hst = \$143.64**

**7 classes:** AFC Members/SRs (\$20.00/class) **\$140.00 + hst = \$159.60**  
Non-members (\$21/class) **\$147.00 + hst = \$167.58**

**8 classes:** AFC Members/SRs (\$20.00/class) **\$160.00 + hst = \$182.40**  
Non-members (\$21/class) **\$168.00 + hst = \$191.52**

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*\*\*Schedule subject to change due to attendance\*\**

**GROUP TRX SUSPENSION TRAINING® CLASSES** - Registration is recommended. Registered spots AND Drop-in spots are LIMITED. Maximum 16 participants.

GROUP TRX® (8 classes for each) - Tuesday 6:15am and Thursday 6:15am:

**Sign up for the session and pay only \$10 per class!**

**Tuesday OR Thursday = \$80 + hst**

**OR Purchase both classes per week and pay only \$150 + hst for eight weeks!**

**AFC MEMBERS CAN ATTEND TRX BOOT CAMP Tuesdays at 5:10pm for ONLY \$5.00! PLEASE call ahead to reserve a spot at class! 902-368-3622**

**\*\*\* ALL GROUP TRX® DROP-INS are \$11.30 + hst = \$13.00**

## **Policies for GROUP CLASSES – PLEASE READ**

- 1) Mat classes operate on a first-come, first-serve basis.
- 2) Schedule is subject to change due to low attendance.
- 3) Registration is required for reformer classes. **There will be no “make-ups” offered for reformer classes unless class is cancelled by the trainer.**
- 4) Clients MUST have a current AFC membership to receive member’s rate; to receive student-rate, clients MUST be full-time students. AFC member number and Student ID may be required.
- 5) Clients can attend mat class of an appropriate level at any time during the eight-week session for as many classes as they have purchased.
- 6) ***SESSION fees are NOT transferrable to other clients or to future sessions. Class fees are applicable ONLY for the CURRENT session unless there is a medical issue - This includes GROUP TRX® classes.***
- 7) Clients who have paid the full session fee will have priority over drop-in clients if a class is full.
- 8) ***GROUP TRX® CLASS DROP-INS: 1) DROP-IN participants MUST call the AFC (368-3622) the same day of the desired class to reserve a TRX strap 2) Drop-in participants MUST pay prior to class***

Fall 2017  
**There will be NO CLASSES:**  
Monday, October 9  
Thanksgiving

***Small Group Training/Team Training:*** Want to work out with a small group of friends or family?

Are you part of a team that wants to improve on strength, conditioning and flexibility?

We can help you build success.... Contact us for details!

For more information, please call the  
AFC Downtown at 368-3622 or  
Visit the Lower Level BDC Place, 119 Kent Street

For a full list of private & semi-private mat and  
reformer/TRX fees, as well as presentation and  
workshop costs, contact Stephanie or visit:

[www.imotionfitness.ca](http://www.imotionfitness.ca)

**Stephanie Knickle**

**Owner/Operator, imotion fitness**

Certified STOTT PILATES® Trainer (Mat & Reformer),  
Pre- & Post-Natal Fitness Specialist,  
IFC/NBCFAL Group Fitness and Strength Trainer,  
CERTIFIED GROUP TRX SUSPENSION® TRAINER

Bus: 902-314-3488

email: [fitness@eastlink.ca](mailto:fitness@eastlink.ca)