

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

September 4 – October 27, 2018 (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 8)

<i>For clients to receive the “per class” rate, a MINIMUM of (5) five classes must be purchased</i>	AFC Members/ Senior (60+)/ Full-time Student	Non-Members
	\$10.00/class + hst	\$11.00/class + hst
“Unlimited classes” Includes ALL Pilates mat & GROUP TRX® classes!	\$230.00 + hst (average of over 3 classes per week)	\$250.00 + hst (average of over 3 classes per week)

****** DROP-INS for all classes (including TRX) are still welcome for \$12.20 + hst = \$14.00/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 = \$144.90**

7 classes: AFC Members/SRs (\$20.00/class) **\$140.00 + hst = \$159.60**
Non-members (\$21/class) **\$147.00 + hst = \$169.05**

8 classes: AFC Members/SRs (\$20.00/class) **\$160.00 + hst = \$182.40**
Non-members (\$21/class) **\$168.00 + hst = \$193.20**

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GROUP TRX SUSPENSION TRAINING® CLASSES - Registration is recommended. Registered

Sign up for the session and pay only \$11.00 per class!

Tuesday OR Thursday = \$88.00 + hst

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

spots AND Drop-in spots are LIMITED. Maximum 16 participants.

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

***** ALL GROUP TRX® DROP-INS are \$12.20 + hst = \$14.00**

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 2018
There will be NO CLASSES:
Monday, October 8
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

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