



**FEES & POLICIES - PILATES Mat, Reformer & GROUP TRX®  
March 6 – April 29, 2017 (7 weeks)**

**Classes at Atlantic Fitness Centre (AFC) Downtown 119 Kent Street Lower Level BDC Place (902) 368-3622**  
*\*\*Schedule subject to change due to attendance\*\**

- Clients in Reformer, Osteoporosis, Mom and Baby TRX and Pre-natal TRX/Pilates classes should register for their 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 March 20 – 25, April 14 and April 17)**

For clients to receive the "per class" rate, a MINIMUM of (5) five classes must be purchased	AFC Members/ Senior (60+)/ Full-time Student	Non-Members
		\$9.50/class + hst
"Unlimited classes" Includes ALL Pilates mat & GROUP TRX® classes!	\$200.00 + hst = <u>\$230.00</u> (average of 3 classes per week)	\$225.00 + hst = <u>\$258.75</u> (average of 3 classes per week)

**\*\*\* 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**

*A late fee will apply after March 11, 2017*

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

# of Classes	Members/Seniors (\$20 per class)	Non-Members (\$21 per class)
6	\$120.00 + hst = \$138.00	\$126.00 + hst = \$144.90
7	\$140.00 + hst = \$161.00	\$147.00 + hst = \$169.05
8	\$160.00 + hst = \$184.00	\$168.00 + hst = \$193.20

**Specialty Classes - PRE-NATAL COMBO TRX/PILATES and Pilates for Osteoporosis CLASS FEES:**

**Sign up for the complete session = \$70.00 + hst = \$80.50 (seven classes)**

Drop-ins welcome for \$11.30 + hst. If you would only like to commit to several classes, or if you are due before the session is over, buy a **minimum** of three (3) classes for \$10.00 + hst per class!

**OVER>>>>>**



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**GROUP TRX SUSPENSION TRAINING® CLASSES** - Registration is recommended. Registered spots AND Drop-in spots are LIMITED. Maximum 16 participants. \*\*\*\* ALL GROUP TRX® DROP-INS are \$11.30 + hst = \$13.00

**GROUP TRX® (7 classes for each) - Tuesday 6:15am and Thursday 6:15am:**

<b>AFC members/imotion clients (\$9)</b>	<b>\$63.00 + hst (7)</b>
<b>Non-members (\$10)</b>	<b>\$70.00 + hst (7)</b>

**DON'T FORGET TOONIE TUESDAY TRX for AFC MEMBERS – Tuesdays at 5:10pm!**  
**CALL 902-368-3622 to reserve your strap early!**

**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**
- 9) **STORM CANCELLATIONS – PLEASE** join our Facebook group “imotion pilates fitness and consulting” to stay up-to-date on weather related class cancellations! Email notifications will not always be sent. Please check before heading into class by calling the AFC Downtown at 902-368-3622 or Stephanie at 902-314-3488.

**Spring I 2017**  
**There will be NO CLASSES:**  
**March 20 – 25**  
**Friday, April 14**  
**Monday, April 17**

**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 902-368-3622** 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)

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 Certified STOTT PILATES® Trainer (Mat & Reformer),  
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