

**PILATES CLASSES – Term 1 2018: Monday 29<sup>th</sup> January 2018 & Thursday 1<sup>st</sup> February 2018**

What you need to know before commencing the course:

Pilates is a series of body and mind exercises which help

- Improve core strength
- Improve postural awareness
- Improve flexibility and balance
- Improve muscle tone
- Aids in injury prevention

Your class will be instructed by our qualified physiotherapist Leandra.

Please bring clean socks, a clean towel, a drink bottle if required, and wear relatively fitted but comfortable clothing suitable for exercise.

Class Fees: There will be 2 commencing dates and times.

1. The first class will commence on **Monday 29<sup>th</sup> January 2018 at 6:30PM** this class is usually held **every Monday for 10 weeks.**

***Monday public holidays will be swapped to Tuesday of that week***

***\*5<sup>th</sup> March & 2<sup>nd</sup> April***

2. Those attending on a Thursday will commence on **Thursday 1<sup>st</sup> February at 6.30pm** and will run **every Thursday for 10 weeks.**

**Classes are \$22 each therefore the 10 week course price is \$220. Payment is due by Monday 18<sup>th</sup> of December 2017.** Placements will be closed on this date.

**Please Note:** If you have private health insurance your pilates classes may be claimed as part of your Physiotherapy cover. An itemised receipt will be sent out at the end of the pilates term so that you can submit your claim. **Private health insurance companies will only pay for the classes attended.** **Because you have pre-paid for the classes, if you are unable to attend any please organise to attend a make-up class as soon as you can.** As the exercises are progressed each week, it is important you try to attend your class every week.

**From Friday 22<sup>nd</sup> December 2017 the Term 1 fees are non-refundable.**

**Please indicate your preferred class:      Monday 6.30pm      Thursday 6.30pm**

**I UNDERSTAND AND AGREE TO THE ABOVE TERMS**

**SIGNATURE:** \_\_\_\_\_

**PRINT NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_ / \_\_\_\_ /

## PILATES EQUIPMENT

Pilates' participants have the option of purchasing any of the following equipment. This is at below recommended retail cost.

Product	RRP	Our Price	Pilates Participants Price	Image
Pilates/ Yoga Mat (10mm)	\$50	\$45	<b>\$40</b>	
Theraband Loops 27.50cm	\$13	\$10	<b>\$8</b>	
Stability Ball	\$12	\$10	<b>\$8</b>	
1kg Weight	\$12	\$10	<b>\$7</b>	
3kg Weight	\$20	\$18	<b>\$15</b>	
Long Foam Roller	\$60	\$47.50	<b>\$40</b>	
Fit ball (60 & 65cm)	\$50	\$40	<b>\$30</b>	
Pilates Grip Socks	\$20	\$20	<b>\$15</b>	<div style="border: 1px solid orange; padding: 5px;"> <p>For traction &amp; control during your Pilates workout</p>  <p>✓ Gripperz Ankle socks</p> </div>

This equipment if purchased is to be brought to every class with your name clearly marked.

