

	MONDAY 4 th & 11 th July	TUESDAY 5 th & 12 th July	WEDNESDAY 6 th & 13 th July	THURSDAY 7 th & 14 th July	FRIDAY 8 th & 15 th July	SATURDAY 9 th & 16 th July
Holiday Classes						
Pilates Matwork – Traditional #				9:30am		9:00am
Reformer Pilates – Traditional		5:30pm	9:30am	9:30am		8:00am
Reformer Pilates - Supreme			6:30pm & 7:30pm		6:00pm	
Terminator Fitness - Supreme	TERM		6:30pm			
Back-In-Action - Clinical		6:30pm			9:30am	9:00am
Seniors - Clinical	2	10:30am	10:30am		10:30am	
FLEX (Stretching/Flexibility) – Traditional #			8:00pm	10:30am & 7.30pm		
Yoga – Traditional #	WEEK	7:30pm				8:00am
Fitness & Weight Loss - Traditional		6:30pm		6:30pm		
Spin Cycle – Traditional #	9 & 10	6:30pm		6:30pm		
Fusion (Pilates Barre) – Traditional #			5:30pm			
Pilates Mat/Reformer – Traditional #	ONLY	7:30pm	5:30pm			
Boxing – Traditional/Supreme			7:15pm			
Pilates Stretch n Strengthen – Traditional #		9:30am				

Don't forget to book in for Term 3 as spaces are filling fast. We have our add on class passes for \$200 & \$300 for those of you wanting to attend on a more casual basis or looking to add on a second class to your existing program. Please see front desk for more information ☺

Winter Holiday Enrolment 2016

Name _____

Please be advised that I would like to enrol into the following classes:

CLASS		TIME SLOT	
DAY		DATE/S	

CLASS		TIME SLOT	
DAY		DATE/S	

CLASS		TIME SLOT	
DAY		DATE/S	

CLASS		TIME SLOT	
DAY		DATE/S	

Please sign below to confirm you have read and agreed to the Terms & Conditions OVERLEAF.

Signature _____ Date _____

Please Select Payment Method:

Enrolment is only accepted with full payment for the requested dates.

STUDIO MEMBER- Unlimited Holiday classes

Amount Due: \$ _____

Cash / EFTPOS

Cheque

Credit Card

Please turn over for
Price List

Amount Due: \$ _____

Name on Card _____ Expiry _____

Card # _____ Signature _____

To book in see reception or contact the studio by telephone on (02) 4727 7710

PRICE LIST	
Holiday class prices apply to term students only.	
Boxing	\$20.00
FLEX	
Stretch Yoga	
Fitness & Weight Loss	
Spin Cycle	
Terminator Fitness	
Pilates Fusion	
Pilates Stretch n Strengthen "NEW"	
Seniors	\$23.00
General Reformer	\$40.00
Back-In-Action Maintenance	\$43.00
Matwork / Reformer	\$34.25
Pilates Matwork	\$30.00

TERMS & CONDITIONS

DISCLAIMER

You promise that you have disclosed all medical conditions and injuries, both past and present, to Pilates and confirm that you are fit and able to participate in a Pilates method, Spin Cycle or Personal Training exercise program. You understand that any exercise program has certain risks. It is expressly acknowledged and agreed that you participate voluntarily and at your own risk and that neither the proprietors, staff or instructors of Pilates shall be liable for the death of, or for any disease, injury or physical condition sustained or suffered by you or any other patron in the course of, or arising out of, or in consequence of, your participation in these classes or private sessions or for any injury, loss or damage suffered or sustained by any patron while you remain on the premises of Pilates or any venue which we may lease, hire or utilise.

CANCELLATION POLICY

Cancellations made within 14 days of commencement of a class, or during a class are non-refundable. Once a position in a class is booked, Penrith Pilates Studio commits that position to you and is unable to re-sell or on-sell your place to another student. Students when enrolling into a program commit to and have purchased the day/time of that program. Requests to transfer from one program to another usually cannot be accommodated due to student number restrictions or exercise ability. Please choose carefully. Student fees cannot be refunded, transferred or credited to either a future program or another student.

HYGIENE POLICY

All Pilates students are required to bring a towel for their mat, drink of water and wear clean socks to class. Spin cycle and Personal Training clients are to wear appropriate footwear, clothing and sunscreen protection if outdoors. If you forget your towel you can hire one from reception and Pilates Grip-Sox and water are sold at reception.

MAKE-UP CLASS POLICY

Due to limited numbers of classes during the Holiday period there will be no make-up classes permitted within the holiday period or in a future term. Any missed classes will be forfeited and are not transferable to another person, credit or a refund.

PREGNANCY

If you discover, or suspect, you are pregnant it is imperative that you advise the Studio before you commence another class, as all Pilates programmes are suitable for pregnancy up until 16 week's gestation then there are only some Pilates programmes that are suitable for pregnant exercisers. Specialized Pregnancy Pilates does wonders for both mother and child – Congratulations! Please advise reception who will help you transfer into a suitable Pilates Programme.