



TRUE Fitness And Pilates

Stephanie True Allin, Director/Certified Instructor

www.truepilates.ca

Fall Class Registration

Fall Session will be 14 weeks, starting Wednesday, September 6.
No classes Oct 9 & Nov 22 (Thanksgiving Days)

TRUE Fitness Class Fees are TAX FREE!

- | | | |
|---|---|-------------------------|
| 1. 14-week session (1 class/wk) | - | \$175 |
| 2. 14-week session + 2 Personal Training Sessions ¹ | - | \$265 |
| 3. 14-week session (2 classes/wk) | - | \$325 (2 free classes!) |
| 4. 14-week session (3 classes/wk) | - | \$488 (3 free classes!) |
| 5. 14-week session Beginner Special + 1 PT Session ² | - | \$220 |

¹Special Personal Training fee (\$45) when registering for a Fall Session Class (10% discount).

Regular Personal Training fee is \$50/ea for 2 sessions.

²For beginners starting in any Beyond Beginner class.

Personal Training Sessions with Class Pkgs above must be completed before December 20, 2017.

Personal Training

The personal attention you receive during one-hour sessions, tailored specifically for you, are an investment, enhancing (and often accelerating!) the results you get from your exercise program. A personal postural assessment is offered on your first appointment (w/ pkg of 10+ Sessions). Whether your goal is to build muscle, play your sport better, enhance your flexibility and core stability, recover from injury or just plain live your life with greater confidence, **having a Personal Training coach can really make a difference.**

Your investment in a customized workout* can take you a giant step up in **YOUR PERSONAL FITNESS level!** Exercises are selected specifically for you, based on knowledge of your individual needs and goals.

- 1-3 Sessions \$50/hour
- 4-9 Sessions \$47/hour
- 10+* Sessions \$45/hour *Contact Studio for fees on over 10
- Semi-Privates Fee depends on # of participants and sessions. Contact the Studio for specific details.

*Take-Home Workout Design Add \$10 to any selection
Appointments are available at a variety of times throughout the week.

Payment for Personal Training Sessions may be made on your appointment date. Payment for 10+-Session Package may be made in two installments (post-dated cheque for second installment). Regularly scheduled appointments are available first to pre-paying students. **24-hour notice of cancellation to avoid payment for a missed session.**

Registration

Session Options

Please Check your session selection below

- 14-Week Session (1 class/week)
- 14-Week Session (3 classes/week)
- 14-Week Session + 2 PT Sessions*
- 14-Week Session (2 classes/week)
- 14-Week Session (Beginner Special) + 1 PT Session*
- 14-Week Session + 3 or more Personal Training Sessions*

* (Contact the studio to schedule your Personal Training before session starts)

Please Check your class preference below

- Monday Integration Pilates 5:45 pm
- Wednesday Essential Builder Pilates 5:45 pm
- Thursday Total Body Challenge 9:15 am
- Monday Intermediate/Advanced Pilates 7 pm
- Wednesday Integration Pilates 7 pm
- Thursday CORE™ 5:30 pm

Minimum of four participants for a class to run. Maximum of 9.
If your first choice doesn't run, you will be given first option in another class.

Payment Options*

- Payment in full (cash, cheque or e-transfer).
- \$25 Deposit - Sept 1 or before (non-refundable) & post-dated (Sept 4) cheque for balance.
- \$25 Deposit - Sept 1 or before (non-refundable) & 2 post-dated cheques* (1. Sept 4, \$175; 2. Oct 1, \$Balance) Note: This option only for 2-3 Class/week &/or PT Option registrations.

PLEASE bring your payment and registration to the studio by or before Sept 1. For e-transfer, please contact the studio. truefitpilates@gmail.com

Your Name _____
Address (if current client, please include any changes here):

City & POSTAL CODE

Email

Phone (Daytime)

Phone (Evenings)

Cell Phone

Class/Pkg Amt	\$
*Personal Training (3 or more Sessions) # of Sessions _____	\$ _____
TOTAL	\$
Less Deposit	\$
Less Post-dated cheque(s) amt	\$
Looking forward to seeing you this FALL!	\$0

*Note: When registering for Personal Training (3 or more), you may pay 1/2 by your first session, post-date cheque for balance 30 days after.

Other payment options available for over 10 sessions.

**Class Fees are non-refundable after session starts. Medical Exceptions: Full credit within session year. Cash refund: 50% of un-used classes.