



MOVEMENT FIRST  
PILATES  
www.mfpilates.co.nz

**The ultimate exercise to strengthen, lengthen and tone your body.**

## 2019 TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.15am		Advanced Mat			Reformer
6.45am		Reformer			
8.00am		Reformer	Reformer	Reformer	Reformer
9.15am	Advanced Mat		Reformer	Reformer	Reformer
10.30am	Intermediate Mat				
12.05pm	Suspension	Intermediate Mat		Reformer	12.30 Hatha Yoga with Becs
		Reformer			
1.15pm		Semi-private		Semi-private	
2.30pm		Semi-private		Semi-private	
4.00pm	Reformer	Reformer	Reformer	Reformer	
5.15pm	Foundation Pilates	Reformer	Reformer	Reformer	
	Advanced Mat	Intermediate Mat	Advanced Mat/ Swiss Ball	Intermediate Mat/ Swiss Ball	
6.25pm			Foundation Pilates		

## 2019 FEES

Class	Casual	x 10 concession	x 30 concession
Mat	\$16	\$140 (\$14 a session)	\$360 (\$12 a session)
Reformer/Suspension	\$25	\$220 (\$22 a session)	\$600 (\$20 a session)
Youth	\$12	\$100 (\$10 a session)	

If you want one mat and one reformer class each week, you need to buy each singly or as a concession, eg \$140 + \$220 = \$360 will give you 10 classes of each.

Class	Casual	x 5 concession	x 10 concession
Semi-private	\$35	\$135 (\$27 a session)	\$260 (\$26 a session)
Duo	\$40	\$175 (\$35 a session)	\$340 (\$34 a session)
One-on-one	\$70	\$340 (\$68 a session)	\$650 (\$65 a session)
Half-hour assessment	\$40		
Hour assessment	\$70		



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## WHAT TO WEAR

While no specific clothing is required, comfortable (not too baggy) gear is recommended to allow you to move freely and for us to better see your posture and body placement. To protect the equipment, please avoid clothing with belts, buckles, zips etc. We request that all clients wear socks and that men wear shorts that are not too baggy unless bike shorts are worn underneath.

## WHAT'S FOR SALE

### GIFT VOUCHERS

The perfect gift for Pilates enthusiasts and for those keen to give Pilates a go for the first time.

### T-SHIRTS – \$40

Wear one of our cool t-shirts and feel part of the MFP team!

### TUCKETTS SOX – \$25

Fun colours and styles for more secure grip.

### FOAM ROLLERS – \$85

Lengthen and open up your spine.  
Release muscle tension.  
Open and release hips.  
Great shoulder release.  
Increase core control.  
Strengthen tummy.

## TERMS & CONDITIONS

### FEES:

- Bank account number for payment  
ANZ Bank 06 0637 0226250 00
- All prices include GST.
- Payment must be made by the end of the first week of payment option.

### CANCELLATIONS

To enable a replacement class to be booked, a minimum of 12 hours' notice is required.

### BOOKINGS

- Priority is given to permanent bookings. Casual bookings welcome (numbers permitting).
- Concessions must be pre-booked and used within 12 months.
- No classes on public holidays. If your class falls on these days, we will work with you to book a make-up class.
- Timetable is subject to change. we will cancel classes if not sufficient numbers.
- Automatic payment option is a commitment to 52 weeks from AP start date. This covers the 48 week studio hours and will be negotiated case by case with the client.
- MFP has the discretion to extend fees due to illness or other circumstances.

### The booking system

At the end of 2017, we upgraded the Mind-Body booking system. This enables Movement First Pilates Clients to take control of their own account and class schedule. Once you've paid online, you can book, reschedule and cancel your own classes either on a laptop, PC or on your mobile phone.

To do this, go to Movement First [www.mfpilates.co.nz](http://www.mfpilates.co.nz) and click on Book Now. If you haven't been there before, your email is your username and you can create your password.

Once in the site, go to the Classes tab at the top. You will be able to see which classes you are registered for.

Click on the green Registered! to see which other classes you are registered in. From here, you can cancel your classes simply by clicking on the active Cancel word in the right hand column in the same row as the class you are cancelling.

To reschedule, go back to Classes at the top and Sign Up Now in one of the other options.

I have read and understand the terms and conditions.

Name: .....

Start date: .....

Payment option: .....

Signature: .....