



MOVEMENT FIRST
PILATES

www.mfpilates.co.nz

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

2023 TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.15am			Advanced Mat Michele		
6.30am		Reformer Liz		Reformer Liz	Reformer Michele
8.00am		Reformer Liz	Reformer Michele	Reformer Liz	Reformer Michele
9.15am	Reformer Esther	Intermediate Mat Liz	Reformer Michele	Reformer Liz	
10.30am			Intermediate Mat Zoe		
11.00am					Private duo Michele
12.05pm	Reformer Esther	Reformer Liz	Intermediate Mat Zoe	Reformer Michele	
1.15pm		Private duo Michele		Private duo Michele	
2.30pm		Private duo Michele		Private duo Michele	
4.00pm		Reformer Esther	Reformer Zoe	Reformer Esther	
5.15pm	Advanced Mat Liz	Reformer Esther		Reformer Esther	
		Intermediate Mat Maria	Foundation Pilates Zoe	Intermediate Mat/ Swiss Ball Liz	

2023 FEES

Class	Casual	x 10 concession	x 30 concession
Mat	\$20	\$180 (\$18 a session)	\$480 (\$16 a session)
Reformer	\$28	\$260 (\$26 a session)	\$720 (\$24 a session)

If you want one mat and one reformer class each week, you need to buy each singly or as a concession, eg \$160 + \$240 = \$400 will give you 10 classes of each.

Class	Casual	x 5 concession	x 10 concession
Private duo	\$42 per person	\$200 (\$40 a session)	\$380 (\$38 a session)
One-on-one	\$80	\$390 (\$78 a session)	\$760 (\$76 a session)
Half-hour one-on-one	\$50		



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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!

MOVEACTIVE SOX – \$18

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. Otherwise your payment will be forfeited.

BOOKINGS

- Priority is given to permanent bookings. Casual bookings welcome (numbers permitting).
- Regular clients are 'recurred', booked in to their regular time for the full year.
- No classes on public holidays.
- Timetable is subject to change. We will cancel classes if there are not sufficient numbers.
- Notifications come from the PTminder booking system to let you know when your package has finished. Please pay the amount online once you receive this.
- 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

The PTminder booking system enables Movement First Pilates Clients to take control of their classes.

If you are not activated in this system and want to have control of your classes, please let Michele know and she will send an email link.