



MOVEMENT FIRST  
PILATES

[www.mfpilates.co.nz](http://www.mfpilates.co.nz)

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

## 2025 TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.15am			Advanced Mat Michele		
6.30am		Reformer Liz		Reformer Liz	Reformer Maria
7.00am	Reformer Michele				
8.00am		Reformer Liz	Reformer Michele		Reformer Maria
9.15am		Intermediate Mat Liz	Reformer Michele	Reformer Liz	Reformer Maria
10.30am	Private trio Michele		Intermediate Mat Zoe	Private trio Liz	
11.00am					Private duo Michele
12.05pm		Reformer Liz	Intermediate Mat Zoe	Reformer Maria	
1.15pm		Private duo Michele		Private duo Maria	
2.30pm		Private trio Michele		Private trio Michele	
4.00pm		Reformer Michele		Reformer Michele	
5.15pm		Reformer Michele		Reformer Michele	
			Foundation Pilates Zoe	Intermediate Mat/ Swiss Ball Liz	

## 2024 FEES

Class	Casual	x 10 concession	x 30 concession
Mat	\$25	\$200 (\$20 a session)	\$540 (\$18 a session)
Reformer	\$30	\$270 (\$27 a session)	\$750 (\$25 a session)

If you want one mat and one reformer class each week, you need to buy each singly or as a concession, eg  $\$200 + \$270 = \$470$  will give you 10 classes of each.

Class	Casual	x 5 concession	x 10 concession
Private trio	\$40 per person	\$185 (\$37 a session)	\$350 (\$35 a session)
Private duo	\$45 per person	\$210 (\$42 a session)	\$400 (\$40 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 – new t-shirts

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

\$60

### MOVEACTIVE SOX –

Classic low-rise \$20  
Crew high-rise \$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:

- MF Pilates prefers payment through its bank account (avoids PT Minder fees)  
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.
- 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.