



## Class Registration Details

**Class Size:** There are 12 spots per class.

**Time:** Classes are 45 minutes. Please allow 1 hour on the first night. Classes start on time so please arrive 5-10 minutes early.

**What to Wear:** Comfortable clothing you can move in and do not feel restricted eg, tights, long loose shorts or tracksuit pants. Socks in winter.

**What to Bring:** Mats and small equipment are provided. You may wish to bring a water bottle or a large towel or small blanket to assist you in a couple of exercises later in term.

**Cost:** \$130.00 inclusive of GST for 10 week Term. Your spot will be confirmed once payment has been made. Payment can be made in full or a deposit of \$40 with balance being paid prior to class starting. *\*Discount on 2 term classes 10% = 2 FREE classes. Discount on 3 term classes 15% = 4 FREE classes.*

**Casual (Single) Class Cost:** \$15 for term clients, \$17 for non-term clients. Casual classes are subject to space, and term client bookings are allowed priority.

**Cancellations:** Course fees are non-refundable and non-transferable upon commencement of the course. There are no refunds for missed classes, but clients can take a catch-up class subject to space in another class. If you can't attend a specific class within the term, you must notify Michelle so your space can be offered to someone else and you can be booked into another catch-up class. Please provide as much advance notice as possible.

**Continuation:** On completion of each course, clients will have the option to continue attending their class for the next term, or request a new class.

### **Pilates Class Locations:**

St Johns Hall: 15 Courtney St. Motueka *\*On the right when driving into Jack Inglis Hospital*  
Band Rooms: Old Wharf Rd, Motueka *\*At the left of the Recreation Centre Car Park*

**What To Expect:** At Onebodi Pilates we want you to have a great, challenging work out whilst learning how to move your body correctly and mindfully. This takes time to learn and we all learn at a different pace. Do not worry if you don't understand or feel the work out quality in the first couple of weeks. This will come, however if you are concerned please speak to your instructor. Your instructors are well trained and understand that all bodies are different. They will be able to change the exercise to suit your needs. We want to see you progress and get the most out of your classes so please speak to us if you have any questions or concerns.

**Contact:** Onebodi Pilates | Ph: 03 528 0252 & 021 2459955 | [info@onebodi.co.nz](mailto:info@onebodi.co.nz)