

Gold's Pilates Studio Training Options Acknowledgement Form

(Effective January 9, 2008)

Healthy Future – 8 half hour sessions to acquaint clients with the Pilates Principles working special Pilates Equipment. This is the prerequisite for Group Reformer Sessions **\$65.00 for 8 sessions Also Better Backs 8 half hour sessions for \$65.00**

Special Courses: Special series of sessions created for special audiences such as Pilates Bootcamp, Mommy & Me Pilates, Better Backs, Pilates for Weight Loss. Each course is priced separately with details such as course dates, times etc. at Front Desk.

Group Reformer- Sessions for those experienced with the Reformer as well as those who have completed the Healthy Future 8 session series. Group Reformer sessions are listed on the Pilates Studio Class Schedule including Better Body Makeover, Firmer Thighs & Glutes and Fab Abs – each 50 minute session targets areas to maximize every minute working from the core.

\$80.00 for 4 sessions

Start Date: _____

\$120.00 for 8 sessions

Start Date: _____

One to One Training Options - Personal Training with a top Pilates expert to reach personal fitness goals rapidly. Each session utilizing special program design and the Pilates equipment to effectively strengthen and lengthen from within.

\$50.00 – One 30 minute Session **Date of Session:** _____

\$80.00 – One 50 minute Session **Trainer:** _____

One to One Training Packages

\$130.00 – 3 Half Hour Sessions (\$43.33) per session

\$200.00 – 3 Fifty Minute Sessions (\$66.66) per session

\$375.00 – 10 Half Hour Sessions (\$37.50) per session

\$625.00 – 10 Fifty Minute Sessions (\$62.50) per session

Member Name: _____ Tel. No. _____

Email: _____ Signature: _____

Date of Payment: _____

In order to offer quality service to all our members, Gold's Gym will adhere to the following policies on payment of fees and cancellation of appointments: All training sessions must be paid prior to service being rendered. Under no circumstance is cash to be paid directly to trainers. Cancellation of appointments without 24 hours notice will result in client being charged and loss of session.

Pilates Bootcamp 4 Sessions \$40.00 Starts Feb 20th

The Anatomy of Pilates Workshop 10:30 to 12:30 February 21st Only \$50.00