

STUDIO *Peace & Quiet*

membership

Pilates Prices Price UFS Members

Reformer Program

10 Visit Pass	\$180.00	\$162.00
3 Month Membership	\$260.00	\$234.00
6 Month Membership	\$500.00	\$450.00
12 Month Membership	\$980.00	\$882.00

Mat Classes

Casual Visit	\$18.00	\$16.20
10 Visit Pass	\$160.00	\$144.00
10 Visit Pass (Pre & Post Natal)	\$180.00	\$162.00
3 Month Membership	\$240.00	\$216.00
6 Month Membership	\$460.00	\$414.00
12 Month Membership	\$900.00	\$810.00

Reformer and Mat Membership

3 Month Membership	\$450.00	\$405.00
6 Month Membership	\$864.00	\$777.60
12 Month Membership	\$1,692.00	\$1,522.80

Reformer Program Assessment	\$85.00	\$76.50
------------------------------------	---------	---------

Reformer Program Reviews	\$55.00	\$49.50
---------------------------------	---------	---------



Health Insurance Rebates

Rebates will be available from most private health funds to enable you to claim the cost of your initial reformer assessment and subsequent program reviews.

Membership Conditions

Membership entitles you to unlimited equipment use or classes (subject to availability) for the period of the membership. Memberships are non-transferable and non-refundable. You may apply for membership suspension for periods longer than one month in special circumstances (eg injury, illness or extended leave). A 10 Visit Pass is valid for 10 visits over an unlimited time period. The purchase of a membership or pass can be arranged as a gift with a Peace & Quiet voucher (as per standard conditions).

“Exercising the body, mind and soul”

Mat Class Times	Class 1	Class 2	Class 3
Monday Energise for the week ahead	9.30am to 10.30am	NA	Pre & Post Natal 6.00pm to 7.00pm
Tuesday An early morning boost	6.00am to 7.00am	Pre & Post Natal 10.00am to 11.00am	6.00pm to 7.00pm
Wednesday Mid week rejuvenation	9.30am to 10.30am	NA	Yoga 6.00pm to 7.15pm
Thursday Release work stresses	6.00am to 7.00am	9.30am to 10.30am	6.00pm to 7.00pm
Saturday Relax over the weekend	9.30am to 10.30am	Pre & Post Natal 11.00am to 12.00noon	NA

Studio P&Q closed on Fridays and Sundays

STUDIO *P&Q*
pilates & reformer programs

Studio Opening Hours

Monday	9am to 7pm
Tuesday	6am to 8pm
Wednesday	7am to 8pm
Thursday	6am to 8pm
Friday	Closed
Saturday	9am to 4pm
Sunday	Closed

Studio P&Q, Peace & Quiet Wellbeing Centre, Level 1, 719 Sturt St, Ballarat VIC 3350 (03) 5332 1694 www.peaceandquiet.biz

