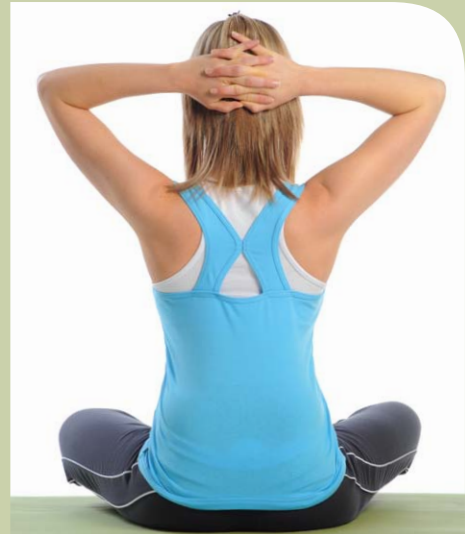


STUDIO *J&Q* membership

Pilates Prices	Price	UFS Members
Reformer Program		
Reformer Class	\$20.00	\$18.00
5 Visit Class Pass	\$85.00	\$76.50
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”

Class Times	Class 1	Class 2	Class 3	Class 4	Class 5	Class 6
Monday Energise for the week ahead	Pilates Floor 9.30 to 10.20am	Reformer Class* 10.30 to 11.20am	Reformer Class* 2.00 to 2.50pm			Relaxation Meditation 7.00 to 8.00pm
Tuesday An early morning boost	Pilates Floor 6.00 to 6.50am	Pilates Floor Beginners 9.00 to 9.50am			Pilates Floor 6.00 to 6.50pm	Pilates Ball 7.00 to 7.50pm
Wednesday Mid week rejuvenation	Reformer Class* 8.30 to 9.20am	Pilates Floor 9.30 to 10.20am	Yoga 2.00 to 3.15pm		Yoga 6.00 to 7.15pm	Yoga 7.30 to 8.45pm
Thursday Release work stresses	Pilates Floor 6.00 to 6.50am	Pilates Floor 8.30 to 9.20am	Pilates Floor 2.00 to 2.50pm	Reformer Class* 5.00 to 5.50pm	Pilates Floor 6.00 to 6.50pm	Pilates Floor 7.00 to 7.50pm
Saturday Relax over the weekend	Pilates Floor 9.30 to 10.20am	Pilates Floor Beginners 11.00 to 11.20am				



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 closed on Fridays and Sundays.
*Limited to max. 4 people.
Bookings essential.
Alternate Reformer Classes available on request.*

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

