



*A physio for the whole family*

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## Pilates Info Sheet 2023

Thanks to all of you for your support over a challenging time. We are very grateful to you all. We are proud of the unique and high-quality service we provide to our community. It promotes wellness, flexibility and strength of body and mind.

You are most welcome to email [natalie@aorakiphysio.nz](mailto:natalie@aorakiphysio.nz) if you have any questions.

Pilates Terms are the following dates:

	Start Date	End Date	Number of classes	cost	Public Holidays
Term 1	Wed 1Feb	6 April	10 Monday 9	\$165 Mon \$148.50	Mon 30 Jan Mon 6 Feb
Term 2	24 April	30 June	10 Monday 9	\$165 Mon \$148.50	Mon 5 June
Term 3	17 July	22 Sept	10	\$165	none
Term 4	9 Oct	13 Dec	10 Except Monday 9	\$165 Mon \$148.50	Mon 23 Oct

### Class Times:

Monday	12.30pm	Richmond, Town Hall Meeting Room
Monday	6.30 pm	Holy Trinity Church
Wednesday	9.15am	Richmond, Town Hall Meeting Room
Wednesday	5.30 pm	Holy Trinity Church
Wednesday	6.30 pm	Holy Trinity Church

### Address:

- 1) Holy Trinity, aka Church on the Hill, Dorset Street, Richmond
- 2) Richmond Town Hall, meeting Room, Cambridge Street, Richmond

### Terms and Conditions

*Classes are paid in advance to secure your place. Rate \$16.5 per class paid before the term starts with online transfer. We no longer offer make up sessions. There are no refunds or credits for classes not completed in the term. No classes on public holidays. Casual Rate is \$20 per class, this is only an option if space is available, this is not guaranteed. Please not attend class if you are unwell. Please be respectful of others in class, turn devices to silent. Listen to instructions given to get the best results and work within what your body can do.*

### Payment/Online transfer

Account name: Aoraki Physio Services LTD

Account number: 06 0225 0902937 00

Reference is your surname, day and time of class (eg. Petersen, Mon 6.30)

**THANK YOU**