



Carmel Lui
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OCTOBER – DECEMBER 2010, 11 WEEK TERM

Commences Monday 4 October – Concludes Saturday 19 December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	
9.15am Ball, Floor & Foam Roller Class Coorparoo	9.00am Ball, Floor & Foam Roller Class Mt Gravatt Central	9.15am Mat Class Coorparoo	9.00am Mat Class Coorparoo	8.30am Mat Class Carina	
10.15am Mat Class Coorparoo	10.15am Mat Class Mt Gravatt Central				
6.30pm Mat Class Carina	6.30pm Mat Class St Agnes, Mt Gravatt		5.45pm Ball, Floor & Foam Roller Class Mt Gravatt Central		
7.30pm STRETCH CLASS Carina		7.30pm Mat Class Coorparoo	6.45pm Mat Class Mt Gravatt Central		

CLASS LOCATIONS

Carina – Carina Senior Citizens Centre, 1 Edmond St, Carina
Mt Gravatt Central – St Marks Uniting Church, Cnr Springwood & Hicks Sts, Mt Gravatt Central
Mt Gravatt – St Agnes Catholic Church & School, Cnr Logan Rd & Tudor St, Mt Gravatt
Coorparoo – Coorparoo Uniting Church, Cnr Cavendish Rd & York St, Coorparoo

.....please submit lower section.....

ENROLMENT FORM

Name:
 Address: Suburb: P/C:
 Home Ph: Mobile Ph:
 Email:

I would like to enrol for 11 week term

Class Location

Day & Time

Class Location	Day & Time

I have enclosed \$..... For 1 class per week/2 classes per week/3 classes per week (please circle)
Please make cheques payable to "Pilates Precision" P.O. Box 559 CARINA Q 4152

Quality Fitballs can be ordered and purchased through Carmel - \$65.00

Foam Rollers \$60

Black Therabands \$15

Class fees: 1 class per week \$154.00 2 classes per week \$275.00
 3 classes per week \$350 casual class \$16.00

Direct Deposit – SUNCORP METWAY BANK BSB 484-799 A/C 000455671 (Carmel Lui) Please quote your name

Earlybird offer	"Enrol a Friend" Discount
Book and pay in full before 19 Sept 2010 and receive 10% off class fees	Introduce a friend, enrol and pay together before Monday 4 October 2010 and receive 20% off class fees

Make-up Classes: If you miss a class during the 11 week block, you are entitled to make up that class at any venue or time prior to the completion of the term. **Cancellation Policy:** All cancellations must be in writing to "Pilates Precision". No refunds will be made after 4 weeks of the term commencement. Any refunds will incur a cancellation fee of \$25.00.

CLASS DESCRIPTIONS

MAT CLASS – ALL LEVELS CATERED FOR (TWO INSTRUCTORS PRESENT AT EACH CLASS WHEN CLASS NUMBERS EXCEED 14)

BALL, FLOOR & FOAM ROLLER CLASS – TO ADD AN EXTRA DIMENSION TO YOUR WORK-OUT UTILISING A FIT BALL AND LARGE FOAM ROLLER (BYO BALL, ROLLERS PROVIDED)

STRETCH CLASS – COME ALONG AND ENJOY A CLASS TO REALLY IMPROVE YOUR FLEXIBILITY AND RELEASE STRESS