

PILAX OPTIONS SUMMARY





Basic Options

Pilax OG or RiseUp ONLY:

3/6/12 months

Work at your own pace + access online monthly group class where available

\$125- \$350 (depending on programme type and length)

CFS (RiseUp) Group Special: 1 month

Southern Hemispheres Winter/Spring only | Month-month commitment

\$50 = 4x45 minute online classes | Pick your time, recording available if you're unwell

Pilax Plus 1: Support

Pilax OG or RiseUp Any program +

4x 1/2 hour pw 1-1 Support add-on Package

Work at your own pace | Best for Pilax beginners

Basic Pilax OG/RiseUp cost + \$200 pm (use within 5 weeks from purchase date)



Pilax Plus 2: Small Group

Pilax OG 3 months +

4x 1 hour pw small group class add-on Package

Join online | Best for Pilax beginners

3 month member cost + \$120 pm (use within 4 weeks from purchase date)

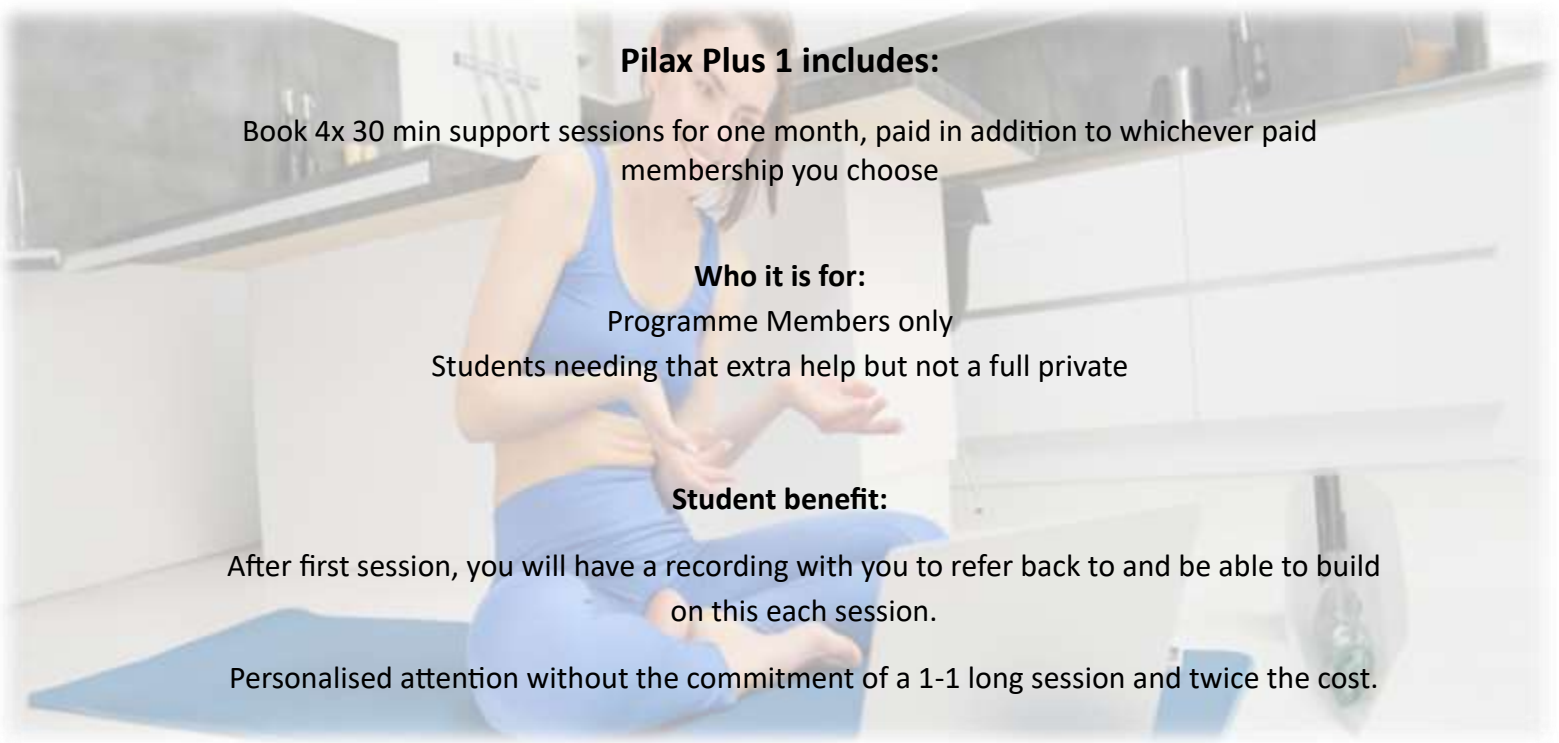
Pilax Up 1

Pilax OG or RiseUp 3 months +

4x Private classes, 4x Support, 4x Tailored Plans

\$1100 total *see next page for details





Pilax Plus 1 includes:

Book 4x 30 min support sessions for one month, paid in addition to whichever paid membership you choose

Who it is for:

Programme Members only

Students needing that extra help but not a full private

Student benefit:

After first session, you will have a recording with you to refer back to and be able to build on this each session.

Personalised attention without the commitment of a 1-1 long session and twice the cost.

What a support session is:

30 min Zoom session to do any of the following:

ask any questions about programme

show me how you're exercising and

get help on how to execute exercises specific to your situation

What a support session is not:

It is not a regular class with exercises.

You bring your issues to me and I help you through them.

Your cost:

\$200AUD (worth \$250) + whichever programme you have chosen

Pilax Plus 2: Small Group includes:

4x 50 min small group sessions for one month, paid alongside your 3-month membership

Who it is for:

Programme Members only, best for beginners

Students needing that extra help & exercise but not a full private

Student benefit:

Personalised attention without the commitment of a 1-1 long session and twice the cost.

A new group of friends to work with together online (maximum 5 students)

What a support session is:

50 mins Zoom session exercise

Class is tailored to participant's level

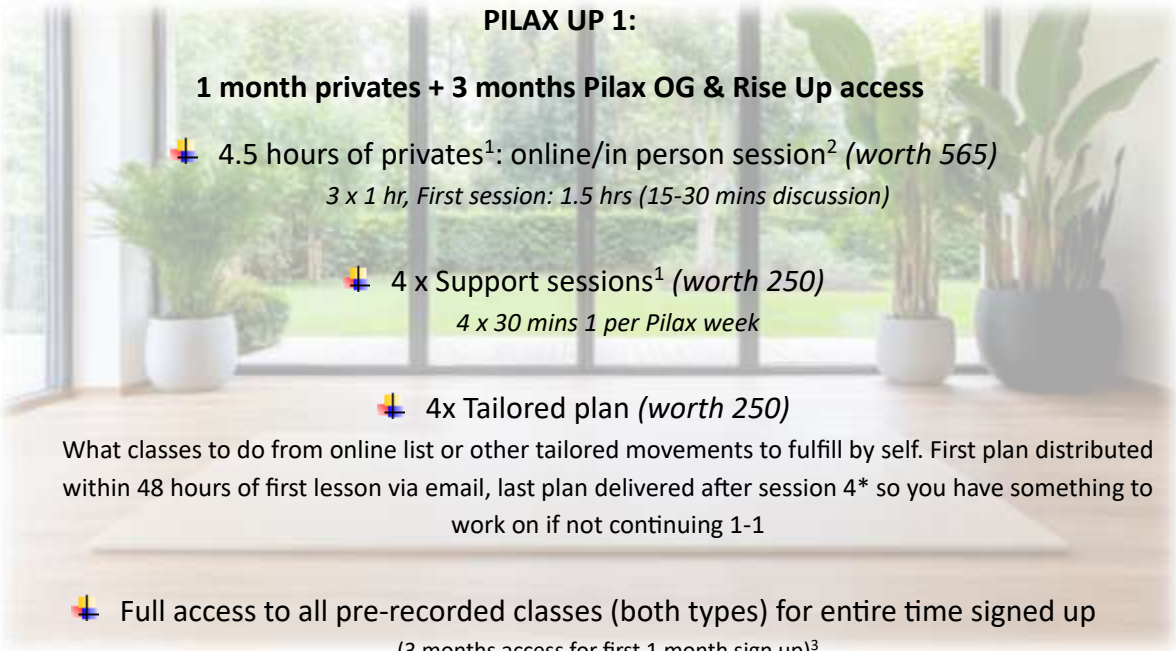
(Online group classes are prebooked)

What a small group session is not:

It is not a long questionnaire session. We deal with executing the exercises as a group plus working the mechanics of them so you can be confident in your studio classes in the future.

Your cost:

\$120 + 3 month membership



PILAX UP 1:

1 month privates + 3 months Pilax OG & Rise Up access

+ 4.5 hours of privates¹: online/in person session² (worth 565)

3 x 1 hr, First session: 1.5 hrs (15-30 mins discussion)

+ 4 x Support sessions¹ (worth 250)

4 x 30 mins 1 per Pilax week

+ 4x Tailored plan (worth 250)

What classes to do from online list or other tailored movements to fulfill by self. First plan distributed within 48 hours of first lesson via email, last plan delivered after session 4* so you have something to work on if not continuing 1-1

+ Full access to all pre-recorded classes (both types) for entire time signed up

(3 months access for first 1 month sign up)³

Total worth: \$1215 AUD

Pay: \$1100 AUD

Who it is for:

Programme Members only

Complete Beginner or Beginner students wanting extra attention

Rise Up member with CFS wanting an extra support in their sessions

Student benefit:

After first private, you will have a record with you and be able to build on this each session.

What a private session is:

A private class for you. The first class will include a 15-30 min chat to understand your goals and time to assess how you are during the class

What a support session is:

30 min Zoom session to ask any questions about programme/show me how you are exercising and get help on how to execute exercises specific to your situation

What a support session is not:

It is not a regular exercise class. You bring your issues to me and I help you through them.

How to start obtaining Pilax Plus 1 Support Sessions:

1. Purchase your choice of Pilax OG or RiseUp
2. Whenever you're ready, email me directly that you'd like to book a support session and your ideal times or, do a free Book Me 15 min consult through your old emails, if you wish to discuss it further
3. I get back to you with times available.
4. We agree on at least 2 pre-set times.
5. If this works for you, please confirm within 3 days or sooner if booking is within a week and follow the steps sent to pay.
6. Once payment or proof of payment is received, your spot is secured.

Basic rules:

Can start any week, then continuous for the month (use 4 sessions inside 5 weeks)*.

example: Purchase 3 months and want to start 3 weeks in, programme will start from first session and run till 7th week. If you need to make up one class, that can be made up any time during the 3 months.*

How to start obtaining Plus 2 Small Group Sessions:

1. Purchase 3 months of Pilax OG. **If** you purchasing is contingent on starting small group sessions immediately, please contact me first to check times. Classes are run month to month in sets of four and you can join anytime if space is available. If you've never done pilates before and have little to no exercise background, its essential for you to join at the beginning of a class set, you will not be allowed to join half way through.
2. Whenever you're ready, email me directly that you'd like to join a class session and I will let you know which sessions have space.
3. Select a time and please confirm within 3 days or sooner if booking is within a week by following the steps sent to pay.
4. Once payment or proof of payment is received, your spot is secured.

How to get started for Pilax Up 1:

1. Are you already signed up with PilaxOG or RiseUp? If so, please note this in your message, as the price will decrease. If not:
2. Whenever you're ready, flick me a quick email directly that you'd like to do a Pilax Up 1 program. Please include:
 - ✓ *Name / Age / History with exercise / Health: bio, physical, mental health that may impact your commitment to a program /Times likely available*
3. I get back to you with times available from your selection or alternative times if none available
4. *15 min phone call with me to see if program is right for you (no need if you've already done an initial discovery session and we've discussed this programme).*
5. We agree on at least 2 pre-set times.
6. If this works for you, please confirm within 3 days or sooner if booking is within a week and follow the steps to pay.

Conditions for Pilax Up 1

1. Privates to start from first or second week of access to online classes and finished within 6 weeks, maximum one use per week. Patients with CFS/Longcovid/other chronic conditions may opt for split sessions (eg. 30 minutes each time) spread over 12 weeks. Notification of health condition must be made and discussed prior to sign up. Sessions valid till end of 3 months, maximum one use per week.*

2. In person sessions available in Newcastle, NSW only and incur \$10 surcharge per session

3. Access to Pilax pre-recorded videos will carry on past end of privates till end of 3 months. If you finish the privates and then repurchase them for example, in month 2, price will be \$1065.

If you join only the basic *Pilax* for 3 months, but decide to upgrade to *Pilax Up* at the end of your 3rd month, the price will remain at \$1100.

If you join *basic Pilax* only for 6 or 12 months, but wish to upgrade to *Pilax Up* during this time, the price may reduce depending on how long you still need access to the Pilax pre-recorded program for the duration of *Pilax Up*.

Pilax only accepts sign up for the private sessions of *Pilax Up* programmes on a month to month basis. This is for you to see how you go and in order to not over commit.

Pilax Plus, Pilax Up 1 CONDITIONS:

Rule for Notifications for reschedule:

72 hours notice minimum required for non-emergency changes (2 changes maximum allowed)

12 hours for sickness (1 sessions makeup allowed for sickness.*)

ASAP Childs (minor) illness

Pilax Plus 2 Small Group: changes cannot be made up as spaces are set for each class. You will have access to the class after via a private link to make up in your own time.

No-show, no makeup

*Extreme circumstances such as family bereavement, severe injury or health conditions, such as long covid flareups, other case-by-case issues, while not refunded, can be extended for up to 6 months.

*Day of sickness: Morning notification for evening, Evening notification before 9pm for morning sessions

*Known to client, not declared pre-class physical injuries will not be supported. Please disclose any potential injuries even if you think it will not affect your ability to take class eg. Slipped disc, former knee injury, pregnancy complications.

