



BodyMind Studios®

Bored of your 9-5 day?



Aerial Yoga Classes



Pole Fitness Classes

Join us where losing weight, getting flexible and increasing confidence is part of the fun!

Learn to pole dance and tone your body at the same time! Our classes will not only help you to lose weight, sculpt your body and feel sexy, but you will make some great friends! We have a classes for all levels – From beginners to advanced, and cater for students of all shapes and sizes.

I can't thank YOU enough!! I have basically been non-stop smiling since I left and I can feel it everywhere on my body! 😊literally the most amazing feeling leaving feeling proud and better than before I can't tell you! So much fun and such an incredible workout – Jessica

Timetable 2021

Mondays	5.45 pm	Aerial Yoga
	6.45 pm	Pole Dance Fitness
Wednesdays	5.45 pm	Pole Dance Fitness
	6.45 pm	Aerial Yoga

*As classes are limited **booking is essential!**

Classes are 45 minutes

We are closed on Public Holidays

Fees 2021

Trial / Registration	R200	Once-off	EFT on booking*
Pay-per-class	R200	Valid for 1 class	EFT on booking*
5 Classes	R500	Valid for 1 month	Cash / EFT
10 Classes	R900	Valid for 2 months	Cash / EFT
20 Classes	R1500	Valid for 3 months	Cash / EFT

Terms and Conditions

- Fees are payable monthly in advance.
- Join when you want! Class passes are valid for a full month from date of joining. If you join on the 15th, it's valid until the 14th of the following month.
- Fees need to be paid cash/EFT. We do not accept credit cards.
- Classes cannot be carried over to the next month, but they can be made up during the month(s) that your class pass is valid.

- No refunds or discounts given on classes not attended.
- If you skip more than 2 months of classes, you will be required to pay the registration fee of R200 again.
- As we have very limited space, you may forfeit your place at the studio if you have not paid for the month in advance.
- You can book your classes online up to one month in advance. Simply download the Appointy App to your phone and book.
- Cancellations need to be done a minimum of 12 hours in advance, or you will forfeit the class.

To Start

To **book a trial class** or to get started, simply go to our website and complete the trial class booking form with your preferred starting date:

www.bodymind.co.za/get-started

A trial class/registration fee of R200 is required to confirm your booking.

Payment to be made to:

N Williams

Capitec Savings acc 1 408 100 965

Branch 470 010

Ref. Name and Cell

Please wear shorts and a t-shirt for pole, leggings and a t-shirt for aerial yoga.
Please bring a mat, water and a towel. No shoes or jewellery.

Looking forward to having you join us!

Natasha Williams