

Price List:

All prices listed **include** HST

Lessons with our Initiatory Instructors:

Private Lesson:

Single Session Rate	Package of 10 Sessions
60-minute \$58	60-minute \$500
45-minute \$42	45-minute \$400
30-minute \$32	30-minute \$300

Duet* Lesson:

Single Session Rate	Package of 10 Sessions
60-minute \$70	60-minute \$600
45-minute \$49	45-minute \$400

*This is a session for two people to attend, the cost is divided by the participants.

Lessons with our Peak Instructors:

Private Lesson:

Single Session Rate	Package of 10 Sessions
60-minute \$70	60-minute \$600
45-minute \$53	45-minute \$470
30-minute \$41	30-minute \$350

Duet* Lesson:

Single Session Rate	Package of 10 Sessions
60-minute \$90	60-minute \$800
45-minute \$65	45-minute \$550

*This is a session for two people to attend, the cost is divided by the participants.L

Discounts are available for students, please contact us to find out more.

Fitness Assessment \$50

Group Class Rates:

Class Type	One Class/Wk/12 weeks	Discount Two Classes/Wk/12 weeks
Reformer Class:	\$342 (\$28.50 per class)	\$300 (\$25 per class)
Mat/Yoga Class:	\$252 (\$21 per class)	\$234 (19.50 per class)
Spin (45 min)/Nia* Class:	\$192 (\$16 per class)	\$168 (\$14 per class)

*Children (16 years old and under) are welcome to join our Nia class for \$12 per class if parent is registered.

6-Week Specialty Classes
January 30 - March 5 2012 (6 weeks)

Neuro Activity for Everyday Living	Mondays 12 - 12:45 p.m.	\$108 (\$18 per class)
Triple "S" Boot Camp	Fridays 9:30 - 10:30 a.m.	\$126 (\$21 per class)
Nia - 90 Minute Experience	Fridays 4:30 - 6:00 p.m.	\$126 (\$21 per class)

Studio Etiquette

1. Please turn off your cell phone when you arrive at the studio.
2. Due to sensitivities and allergies, we ask you to refrain from wearing perfume or strongly scented fragrances.
3. Please store personal belongings in the bins provided.
4. Bare feet exercise here; please bring indoor shoes if you are participating in cycle classes or a weight training session. We have space for you to leave your indoor shoes.

What to Wear

Keep your clothing simple, casual and layered. Some classes do require indoor running shoes; however in other classes you will be able to go bare foot. Give us a call and we can assist so that your attire will suit the class that you will be attending.

Class Size

ALL of our classes will be limited to a six-person maximum in order to ensure a high standard of quality in our teaching and your movements! Think of this as a way to obtain a specialized program for you with a discount price AND social entertainment!

Water

Did you forget your water? No problem! We have stainless steel water bottles that you can borrow and fill from the RO Water system. Simply leave it in the sink after for us to clean!

Early and Late Cancellation for One-on-One Training

KW Art of Fitness Inc. employs a 24-hour cancellation policy for one-on-one, semi-private and private group appointments. We require 24-hours notice to change or cancel an appointment or the client will be charged the full fee for that appointment.

We appreciate that in rare instances, circumstances beyond personal control prevent a person from providing 24-hour notice to change or cancel an appointment. Regrettably, the fee for that cancelled hour remains the responsibility of the client. KW Art of Fitness cannot make any exceptions to this. Notify your trainer directly of any cancellations.

Early and Late Cancellation for Group Classes

KW Art of Fitness employs an early cancellation policy for all group classes.

As long as the client contacts the studio up to 12 hours prior to the start of the class the client has reserved a spot in, this will be considered an early cancellation. The client can book a make up class as usual.

If the client contacts the studio less than 12 hours prior to the start of the class, or if the client is a "no show", then it is considered a late cancellation. In this case the client loses the privilege to make up or refund that class when enrolling for the next session of classes. Notify your trainer directly of any cancellations.

When Registering for a Class:

Upon registering, please let us know of any classes that you will be unable to attend. This allows us to omit the class charge from your class registration invoice.

Any class that you cannot attend and have pre-paid and do not have the ability to take a make-up class, we are happy to refund up to two early cancellation absences when you register for your next session of classes.