



2019–2020 FEE SCHEDULE
(Please add GST to all rates)

***INTRODUCTORY OFFER (4) Private Sessions : \$330.00** **One time offer*

GROUP INSTRUCTION

installment options :

Single Session	\$44.00	
5 sessions	\$197.50	
10 sessions	\$375.00	
20 sessions	\$730.00	2 installments 2 weeks apart (\$383.25 x 2)
40 sessions	\$1420.00	2 installments 4 weeks apart (\$745.50 x 2)

Child Rates (7-12 years)

Introductory (4) private sessions :	\$300.00
10 group workouts :	\$300.00
10 private workouts :	\$900.00

Teen Rates (13-17 years)

Introductory (4) private sessions :	\$300.00
10 group workouts :	\$350.00
10 private workouts :	\$900.00

PRIVATE INSTRUCTION

***Workout review** \$94.00

*For existing or returning clients only; workout reviews are recommended every 3-6 months, or following any significant physical change such as childbirth, injury, or an absence of more than 4 months.

Ongoing Privates

installment options:

Single Session \$104.00 :

Clinical assesement with Risa Mathews :
\$125.00

5 sessions	\$500.00	
10 sessions	\$950.00	
20 sessions	\$1860.00	2 installments 2 weeks apart (\$976.50 x 2)
40 sessions	\$3600.00	2 installments 4 weeks apart (\$1890.00 x2)

Senior's private sessions

10 sessions	\$900.00
20 sessions	\$1790.00

*Prices are subject to change without notice

*Please provide 24 hours notice for all cancellations; full charges apply to ALL cancellations with less than 24 hours notice

*All accounts must be used within 12 months from date of purchase

*Accounts can be shared with primary family members, following regular intake protocol (introductory privates, workout reviews etc).

*Accounts are non-refundable, however they are transferable.



Weekly Group Apparatus Times :

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00			8:00	
9:00	9:00	9:00	9:00	9:00	9:00
10:00	10:30	10:00	10:00	10:00	10:15
				11:00	11:15
				4:00	
5:30		5:30	5:00		
6:30	6:30	6:30	7:00		
	7:30				

Boditree Client Appreciation Program :

Boditree always welcomes new participants. Many of our clients have found their way here via word of mouth referrals. We would like to show our sincere appreciation for your referral by crediting your account with **one free group workout**, for every new person that comes to the studio via your recommendation.

As an apparatus client at Boditree you are also welcome to enjoy a complimentary G5 percussive massage treatment.

G5 Rates : please add GST to all fees

First 25 minute G5 Treatment is complimentary for Apparatus clients!

25 minute Session : \$60.00 (10 sessions) \$550.00
 50 minute Session : \$110.00 (10 sessions) \$998.00



Fletcher Room Schedule : (non apparatus classes)
November 11-December 21, 2019

Mondays :

12:30 pm Fletcher Fusion

Tuesdays :

12:30 pm Fletcher Fusion

6:30 pm Fletcher Fusion

Wednesdays :

12:30 pm Fletcher Fusion

6:30 pm Boditree Fusion

Thursdays :

10:00 am Fletcher Fusion

1:30 pm Classical Pilates Matwork

6:30 pm Introduction to Pilates

7:30 pm Boditree Fusion

Fridays :

1:30 pm Fletcher Fusion

Saturdays :

11:00 am Stretch/Release/Reset

12:30 pm Fletcher Fusion

Commencing January 2020, Master Pilates educator Mary Craig will be teaching two back to back classical Pilates Matwork classes every Saturday at Boditree ! Stay tuned for the formal announcement with complete details of times.. Mary's classes will be ongoing at Boditree !



Fletcher Room Class Descriptions :

(private instruction is not required for attendance to Fletcher Room classes)

Fletcher Fusion

This class is a dynamic workout that will leave you sweating and feeling pumped, stretched, and fluid ! Developed by Ron Fletcher, the 3 systems integrated into this workout include his signature Floorwork, Towelwork, and Barre choreography, offering an athletic, graceful, challenging, and inspiring movement experience for all who attend.

Pilates Matwork

Join us for an authentic Pilates workout in our new Mat space, designed exclusively for the practice of traditional Mat exercises, and the exploration of whole-body movement guided by breath. We use the hour to get through all the sequences, as outlined by Joe in his legacy that is the classical Matwork Series.

Introduction to Pilates

Ground level entry work for the beginner who wishes to experience the Pilates Method of Physical Conditioning in a safe and encouraging environment. Come breathe, find your core, release tension, and experience an hour of Pilates at Boditree !

Boditree Fusion

A combination of Pilates Matwork, Romana's side-lying work, Fletcher fundamentals, with stretches and flows found in contemporary dance, Yoga, and martial arts. Moving your body guided by breath, fluid controlled movement and diligent instruction !

Stretch, Release, Reset

A deep stretch, breath, and posture class intended to help you unwind, and connect with a sense of control for how you feel in your body. Safe, intentional movement increases mobility, and provides an education on how to live pain-free. Press the reset button and take your body to new frontiers, with ease and relaxation in our signature hour of stretch.

Rates : (please add gst to all posted rates) All packages are valid for 6 months from date of purchase. Classes resume the second week of January, 2020. No classes on Stat holidays.

Single - \$35.00

5 pack - \$32.00

10 pack \$30.00

20 pack \$28.00