

Beginners Introductory Courses

Pilates, Yoga, Real Fitness Kick Boxing & Meditation

MEDITATION

In a busy society our minds are constantly working and many of us forget to give our heads a rest. Meditation offers you the potential to switch off your active mind, hit the de-stress switch, and experience mental harmony. Learn how to use your breath to focus and achieve a still and calm mind. This specially designed course is an introduction for those considering attending meditation classes regularly.

WHY PILATES AND YOGA?

Pilates and Yoga are recognised as two of the most effective practices in the development of stronger, healthier and more balanced bodies. Incorporating these programs will help you enhance athletic performance, prevent injury and accelerate rehabilitation along with energising the body and calming the mind.

Courses are designed specifically for individuals who are new to exercise and wanting a slower, more comprehensive introduction and progression to the exercises and methodology used in Pilates Reformer, Mat and Yoga classes.

WHY REAL FITNESS KICKBOXING (RFK)?

The course is designed to teach participants the fundamentals of kickboxing: stances, punching techniques, round kick, front kick... and experience a RFK class. On completion of the course, you will have sufficient skills to participate in RFK classes with confidence. The course is highly recommended for members with little or no experience in kickboxing.

ADVANCE BOOKINGS ESSENTIAL

Class sizes are limited

- Payment must be included with booking
- Cancellation fees apply if 72 hours notice not received by elixr

COURSE FEE

Pilates & Yoga \$80.00 per course

RFK & Meditation \$45.00 per course

FREE TO GOLD MEMBERS

BOOKINGS

Complete registration form overleaf

NEED MORE INFORMATION?

Contact Tracee on:

T: (02) 8113 1107

E: education@elixr.com.au

BEGINNERS COURSE TIMETABLE	
BONDI JUNCTION	PARK STREET
MEDITATION	
JUNE 20th: 12–1.30pm	-----
JULY 25th: 12–1.30pm	-----
AUGUST 22nd: 12–1.30pm	-----
SEPTEMBER 26th: 12–1.30pm	-----
PILATES	
JUNE 5th & 26th: 1–4pm	JUNE 19th: 11.30am–2.30pm
JULY 10th & 24th: 1–4pm	JULY 17th: 11.30am–2.30pm
AUGUST 7th & 28th: 1–4pm	AUGUST 14th: 11.30–2.30pm
SEPTEMBER 11th & 25th: 1–4pm	SEPTEMBER 11th: 11.30am–2.30pm
YOGA	
JUNE 19th: 1–4pm	-----
JULY 17th: 1–4pm	-----
AUGUST 21st: 1–4pm	-----
SEPTEMBER 18th: 1–4pm	-----
RFK	
JUNE 19th: 2.30–4pm	-----
JULY 24th: 2.30–4pm	-----
AUGUST 21st: 2.30–4pm	-----
SEPTEMBER 18th: 2.30–4pm	-----



For bookings scroll down to Page 2

Pilates • Yoga • Fitness • Aqua

Sydney Town Hall
27 Park St
T: 02 8113 1100

Chifley Square
2A Bligh St
T: 02 8113 3300

Bondi Junction
L2, 9 Bronte Rd
T: 02 8113 8800

elixr
EDUCATION
elixr.com.au

Australia's Leading Mind & Body Health Clubs

Office use only

Memb. Advisor:

Date Received:

Payment Rec'd Chq Visa MC
 Cash

Amount Rec'd

Receipt No.

Processed by:

Course Registration Form

Complete this registration form with your Beginner Course selection and return to the Education Coordinator Fax: 02 9387 3039

Guests: You will be required to complete a pre-activity readiness questionnaire prior to commencement of the course.

Date: DD / MM / YY

• **Member Details:** Home Club:

Given Name:

Surname:

Contact Numbers: Mobile:

Other:

Email:

Address:

Suburb: P/C:

Gender: F M D.O.B DD / MM / YY

M'ship Type: Essential Gold Elixr Tag No:

• **Choose Your Course:**

Yoga Pilates Real Fitness Kickboxing Meditation

Course Date: DD / MM / YY Course Fee: \$

• **Guest Details:**

Given Name:

Surname:

Contact Numbers: Mobile:

Other:

Email:

Address:

Suburb: P/C:

Gender: F M D.O.B DD / MM / YY

• **Choose Your Course:**

Yoga Pilates Real Fitness Kickboxing Meditation

Course Date: DD / MM / YY Course Fee: \$

• **Payment Details** – NB: Please see conditions for refund and cancellation below

Payment type: Cash Credit Cheque

Credit card: MC Visa

Cardholder Name:

Card No:

I / We hereby authorise Elixr to debit my/our nominated credit card for the amount of: \$

Card Expiry: /

Signature of Card holder

Date

• **Direct Debit Authority** – NB: Please see conditions for refund and cancellation below

Home club: Bondi Junction Park Street Bligh Street

Elixr Tag No:

I / We hereby authorise Elixr to add the following amount to my next membership direct debit: \$

Signature: _____

Yoga / Pilates / Real Fitness Kickboxing / Meditation Conditions:

Cancellations received with more than 72hrs notice will be refunded in full. A \$30 cancellation fee will be charged if less than 72 hours notice is given • **Course Confirmation:** You will receive confirmation by email • **Receipts:** Your receipt will be available on the day of the course.

SIGNATURE

For more information on courses:

Contact Tracee Hollands on

Ph: 02 8113 1107 or

Email: education@elixr.com.au