

COMPLIMENTS
"Reflect the Best You!"

Schedule listed is for Allen location – where more classes are offered.
 1201 E. Main St., 75002 inside Aerobic Studio within Martial Arts Fitness Center (NW corner of Allen Heights & Main St.). Visit online for locations, times and registration details for classes in Plano.

Zumba: This feel-good workout fuses Latin and International music and dance themes that combines fast and slow rhythms for fat burning, a cardiovascular challenge and body toning. This is NOT your average aerobics class. Variations are incorporated from merengue, salsa, cumbia, samba, belly dance, bhangra, reggaeton, soca, tango, and flamenco...just to name a few. No dance experience necessary and all fitness levels welcome. 50-55 min. Toning classes include 15-20min. of hand weights w/ rhythms. 60 min.

Miss Fit Training: Energizing workouts that involve intervals of various weight resistance exercises with short-timed cardio intervals to keep you challenged, increase fitness level, tone up, lose/manage weight and to provide fast, effective, results that fit into your busy schedule. Pre/post evaluations included. Meal planning and nutrition resources provided. 45-minutes.

Pilates/ Yoga Fusion: Standing & mat Pilates workout that may fuse Yoga, ballet and athletic conditioning inspired movements for an exercise session that involves balance, strength and engaged core muscles to strengthen and tone the body. It includes modifications so everyone can participate, yet offers progressions for more challenge. Bands & balls may be incorporated for more challenge. 45-min.

Shimmy Fitness & Core Workout: Shimmy and groove with a non-stop belly dance core workout fit for a goddess that will strengthen the core, tone the body, improve coordination and increase muscular endurance while burning calories. Belly dance, global rhythms, and other dance inspired movements will be introduced and repeated at various tempos and intensity to create an exotic, fun and challenging workout that will heat up the room. All shapes, sizes and activity levels welcome. 45-minutes.

MONDAY	WEDNESDAY	THURSDAY	SATURDAY
5:45PM Miss Fit Training 6:35PM Zumba Fitness	5:45PM Miss Fit Training 6:35PM Zumba Fitness	TENTATIVE**Start APRIL 1st 5:45PM Miss Fit Training <u>Contact Us if Interested</u>	8:45AM: Pilates Fusion 9:35am: Zumba Fitness & Toning 10:45am: Shimmy Fitness
Want Zumba scheduled @ 10:45am or 11am on Mondays, Wednesdays & Fridays? Contact us at www.compliments4u.net to register your request!			

Passes provide a block of specified classes within one to two months for *specified days/class format** at a **significant savings** as opposed to the “drop-in” fee per class/day. To keep prices low, passes cannot be cancelled & have an expiration date. All Sales are Final. Passes are transferable to another person. In the case of emergencies or injury/illness, causing several classes to be missed in a row, pass expiration dates may be extended – subject to notification & approval. There are no refunds on unused passes or credits extended for classes/training sessions missed by participants. Based on availability, participants may be able to drop in another class/day to make-up, however, space is not guaranteed for participant make-ups. Priority for space is given to participants that have a valid purchased pass for that class/training session & day and guests or 1st time trial participants. Current clients will receive an automatic invoice for renewal to secure their space in class/training session – renewals may be prorated to expire on 1st or 15th. Expired passes subject to being filled by new registrants.

Monthly PASS RATE (Applicable to Classes or Miss Fit Training sessions**). Drop-In Rate \$10 per class.

1 class/session** per week = \$35 per Month	Purchase (2) & save 20%: \$56 for (2) months or (2) 1-Month Passes
2 classes/sessions** per week = \$50 Month	Purchase (2) & save 20%: \$80 for (2) Months or (2) 1-Month Passes
3 classes/ sessions** per week = \$70 Month	Purchase (2) & save 20%: \$112 for (2) Months or (2) 1-Month Passes
4 classes/sessions** per week = \$95 Month	Purchase (2) & save 20%: \$152 or (2) Months or (2) 1-Month Passes
5 classes/sessions** per week = \$125 Month	Purchase (2) & save 20%: \$200 for (2) Months or (2) 1-Month Passes

***MUST SPECIFY PRIMARY CLASS/SESSION DAYS AT TIME OF PURCHASE** to avoid overbooking/ exceeding maximum room or equipment capacity.

****Minimum of (5) registered participants per month specifically for Miss Fit training Required for any/all sessions to occur as scheduled each month. Choice of Pilates Fusion or Shimmy Fitness & Core Workout on Saturdays FREE with any Purchase - excludes Zumba on Saturdays.**

ASSESSMENTS – Free for Miss Fit Training Participants. Non Participants: Fitness Assessment (\$20) Body Composition & Analysis (\$10)

Contact Us about Private Dance Instruction, Special Events & Workplace Wellness Services & Programming.

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FITNESS TRAINING & CONSULTATION SCHEDULING

Sessions may be shared*and are scheduled and paid for in advance. Session packages purchased are valid for 30 days following the 1st scheduled session. Monthly payments may be made in person with cash or check or online with a credit/debit card. Purchased sessions are non-refundable but may be transferred to another person or applied to other services and products prior to expiration.

- A non-refundable/ non-transferable deposit of \$20 is required to secure the first session with balance due at the time of session. To schedule & confirm future sessions, payment will be required at initial session or at least 72-hours following initial session. Applicable to 1st time training/consultation.
- Former/ Current/ Ongoing clients: Payment is due at time of last paid session or at least 72-hours in advance to secure, confirm and renew "recurring" or upcoming scheduled appointments. Renewal payments received after due date will incur a \$10 late fee. If renewal payment has not been made at least 24-hours in advance of upcoming scheduled session, that session will automatically be cancelled and future sessions will only be reserved an additional 48-hours. Future sessions will be filled or cancelled if payment has not been made within 72-hours of initial due date.
- Clients unable to establish a "recurring" or pre-determined schedule will be required to pay for session(s) in advance, within 24-hours of scheduling. Sessions are subject to availability, are not confirmed or secured and considered "open" if payment is not made in advance.

*Sessions can be scheduled as a private (1) client or as semi-private (2) clients allowing two clients to share the fee. Maximum of (4) clients may share a session – additional fee of \$10 for 3rd client and \$10 for 4th client applicable to private/semi-private session fee.

PERSONAL TRAINING RATES

Rates for 1 or 2 clients are as follows: \$45 per session or save by purchasing a package of sessions in advance; \$35 per session for (4) to (9) session package paid in advance; \$30 per session for (10)+ session package paid in advance. Session packages purchased are valid for up to 30 days following 1st scheduled session – no refunds for unused sessions remaining at the end of 30-days. Once the sessions have been used in a package, purchase more packages or single sessions to continue training. Rates exclude the additional \$10 each for a 3rd & 4th client to be added to private/semi-private training as well as applicable travel fees for in-home sessions beyond a 10-mile radius~

PERSONAL TRAINING CANCELLATION POLICY.

- Payment for cancelled/ rescheduled sessions with more than 24-hours notice will be credited to client(s) account and may be used for rescheduling (based on trainer availability) or to apply to other services or products within 30-days of cancellation.
- Cancellations or reschedules with less than 24-hours notice will result in partial forfeiture of payment (50% of per session fee). Cancellations or reschedules with less than 8-hours notice will result in 100% forfeiture of payment (per session fee).
- Clients that miss a "shared" private/semi-private session, as scheduled, will not be refunded or credited as the session rate for (1) client is shared and session(s) continue as scheduled with other "shared" client(s). Client may be able to "make-up" missed session by attending group class or training at no additional charge – based on availability & subject to approval.
- Should several sessions need to be missed due to illness, injury or emergency situation, please notify trainer as soon as possible. Expiration date for purchased sessions can be extended (up to 30-days) following notice, however, "recurring" appointments are subject to being filled and private/semi-private training schedule may change during absence.
- Due to illness, injury or emergency situation, trainer may have to cancel training(s). Client(s) will be notified as soon as possible if a substitute is not available to continue with session as scheduled. Should session be cancelled, session fee will be credited to client(s) account for rescheduling or to apply to other services or products within 30-days of cancellation.

~Travel Fees: Services beyond a 10-mile radius of Allen (75002) will incur a travel fee for the commute. If location is 11 to 19-miles beyond Allen (75002), add \$15 round-trip travel fee per trip. If scheduled start time or end time is Monday-Friday between 4:45pm & 6:15pm and location is beyond 11-mile radius of Allen (75002), add \$25 round-trip travel fee for traffic, time and distance. Fees paid in advance or at time of service.