



## Menu of Services & Classes\*

### MEMBERSHIP PROGRAMS

#### **Small Group Training (SGT) Membership**

##### **What is small group training?**

Small group training offers many of the perks of private training, but in a more budget-friendly package. Share a trainer with up to 5 other clients. We personalize our approach for each participant. Instruction and activities will be based on your goals and where you are in your current abilities (taking into account any physical issues, conditioning or lack of conditioning, etc.). We use many different styles of training: traditional strength/weight training and cardio, release & restorative work, pilates-based work, yoga-based work, bodyweight training approaches, etc. We keep it engaging, challenging, and fun.

**You choose how many times per month you want to do SGT. This determines your monthly charge. Each small group training session is one hour long:**

- 4x/month: \$150 per month
- 8x/month: \$250 per month
- 12x/month: \$350 per month

##### **IN ADDITION to your weekly training(s), all SGT memberships include:**

- 1 free fitness class per week. Choose from Pilates Mat, DanceFit, or Yoga
- Class size is limited so please pre-book.
- Discounted drop-in rates for Pilates Mat, DanceFit, Yoga, & Yoga Nidra / \$15 vs. \$20
- Discounted drop-in rate for regular Aerial classes / \$22 vs. \$25
- Discounted drop-in rate for Water Fitness classes (when available)/ \$20 vs. \$25

Please see our **Daily Calendar** for all SGT and fitness class times.

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## **Small Group Training (SGT) Family Membership**

We count family as you (the individual, i.e., primary member on the account, who opens the account), your spouse, and your qualifying teen and/or school/college-enrolled children who live in your household.

Here's how it works: one family member pays full price (and that will be whatever membership in the group is at the highest rate), and the rest of the family pays the discounted rate. For example, Spouse 1 joins and brings in Spouse 2 and Junior. Spouse 1 wants to do 12x/month, Spouse 2 wants to do 8x/month and Junior wants to do 4x/month. Spouse 1's rate is the highest so, s/he pays full price: \$350, and Spouse 2 and Junior pay the discounted rates.

**Discount: 10% off regular rate - see page one for the regular rates**

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- Discounted drop-in rate for regular Aerial classes / \$22 vs. \$25
- Discounted drop-in rate for Water Fitness classes/ \$20 vs. \$25

### **SGT Guests and Extra SGT Sessions for Members:**

Guests: \$50 per SGT session

Additional SGT Session for Members: \$38 per session

## **Small Group Training Membership Guidelines**

### **Minimum membership contract is 3 months**

Amount equal to one month's membership required as deposit upon signing. **Deposit will be returned upon completion of contract (if you choose not to renew) as long as 30 days notice of non-renewal is given and your account is paid up to date.** **Deposit will be forfeit if these terms are not met.**

**You will also have the option, as long as all terms have been met, of applying your deposit to your final month's payment balance.**

Please track your monthly trainings. If you go over the number of trainings you signed up for, you will be charged \$38 per each additional session.

There are no refunds or credits on contracted SGT membership services. If you are out of town/sick you are welcome to make up your missed SGT sessions when you return (this courtesy available only while you are a member- missed sessions cannot be made up if you are no longer a member). **You have thru the end of the following month to make up your missed SGT sessions. There is NO rollover after that. If this is unclear, please ask.**

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Membership cannot be put on hold except in case of long-term hospitalization/illness (more than 2 weeks) or other pre-approved long-term (3 weeks or more) absence. Documentation from hospital/doctor may be required.

### **Changing Your Membership Level**

30 days notice is required if you would like to level down your membership (go from 8x/month to 4x/month, for example). If you give less than 30 days notice, you will be charged a \$50 admin fee. If you want to level up, you can do so at any time.

### **Billing & Late Fees**

Everyone is billed by the 1st of the month. We will email you your invoice or you can request to pick it up from us by the first at the studio. We accept cash, check, or Venmo.

Payment is due by the 5th of each month. If you are more than 3 days overdue, you will be charged a \$35 late fee. If you are 2 weeks overdue, your membership will be put on hold until payment is made.

If you are experiencing a hardship or any issue with payment, please speak with us and we will always do our best to work with you within practical parameters. To run our small business efficiently and smoothly, pay our instructors and bills and provide the best service, we need to make sure our own books are in order. I'm sure it's the same for your household and/or business. Please pay on time. We don't like charging late fees, and we're sure you don't like paying them. Thank you.

We do not use auto-debit or require excessive months of commitment with an auto-debit lock in, which many gyms do. We do, however, as a small business, require a level of consistent, committed income to keep our doors open. Thank you for understanding our reasonable deposit, absence, late fee, and cancellation policies.

### **Intro Month Special**

Curious, but not ready to commit? Join us for a trial month, with no commitment beyond that month. Get 10% off your Small Group Training membership fee for this first month (i.e., 30 days). You'll also get a free fitness evaluation before you start and a 20-minute mini massage (both must take place during the trial month).

Instead of just one free fitness class per week, you can try out 2 per week during this Intro Month. Remember, you can choose from Pilates Mat, DanceFit, or Yoga. Member discounted drop-in rates apply for regular weekly Aerial and Water Fitness classes (when available).

No obligation to join when your month is up. **Available to new clients only**. Not available to those who have already participated in the Intro Month or Small Group Training in the past 2 years. If you decide to sign up after your trial, regular membership parameters, requirements, and rates apply.

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## **ALL OTHER SERVICES & CLASSES**

**NO MEMBERSHIP REQUIRED / OPEN TO THE PUBLIC**

### **Private Training**

Available in any modality we offer at Our Place, including general fitness/strength, Yoga, Aerial Yoga & Sling, Pilates Mat, Pilates Reformer/Apparatus, DanceFit, MELT, and Eldoa. Private training is recommended for those who need/prefer the one-on-one coaching format and for those who require a more rehabilitative approach due to injury, surgery, extreme lack of conditioning, etc.

### **Fees**

#### **Private Session (One Client)**

1 hour / \$85

45 minutes/ \$70

30 minutes/ \$55

#### **Private Classes (e.g. Pilates; Multiple Clients)**

1 hour Duet (2-person session): \$55 per person

1 hour Trio (3-person session): \$50 per person

1 hour Quad (4-person session): \$45 per person

**If you cancel a private/semi-private training with less than 24 hours notice you will be charged. Thank you**

**Private Training Packages ( for single client sessions, only - not available for multiple clients) at a discounted rate when you pre-pay for 6 sessions**

(6) one-hour sessions for \$450 (save \$60)

(6) 30-minute sessions for \$300 (save \$30)

**Conditions of discounted pricing include an expiration date of 3 months from date of purchase. There are no refunds.**

### **\*Classes**

Our Place members qualify for discounted rates on some of our classes. The following list of classes is arranged in alphabetical order and is informational. The daily small group training and fitness class schedule is attached separately. Prices are subject to change at any time, so always inquire. All of our classes require reservations as we focus on small class size in order to give the quality of attention to our students that we are committed to.

Sometimes outside Instructors rent space in our studio to offer their own classes. You would pay them directly, and unless otherwise noted, OP members would not receive a discount on those classes. If a class is offered by an outside Instructor, it will be noted in the class description.

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**\*Please note:** Class schedule may shift, some classes may get cancelled, prices may go up, etc. Always inquire for an updated class schedule. Class sizes are limited, so please call ahead to reserve a spot in any class: 985.875.1182

**Aerial Sling for Adults** (regular classes) - **reservations are always required:**  
**985.778.3448**

- \$22 drop-in for SGT Members
- \$25 drop-in for the public, or you can purchase a package of 5 classes for \$105 (package expires 4 months from purchase date). No refunds on packages.
- Limited to 5 students. Please call to book your spot.

**Aerial Sling for Kids**

- Scheduled in 4 to 6-week sessions - please call to inquire about upcoming sessions.
- \$30 and Up - per student, per class, depending on class type & duration and whether we are also doing a Student Showcase, in which case there would be an additional fee for the Showcase and dress rehearsal.
- Pre-payment required up-front for full session; no refunds. Cash/Check Only to instructor.

**DanceFit**

- \$15 drop-in for SGT Members or use it as your one free weekly class
- \$20 drop-in for the public or you can purchase a class card of 10 classes for \$150 (expires 4 months from the purchase date)
- Your class card can be used for Pilates Mat, and Yoga, as well
- Limited to 6 students: please call to book your spot.

**Melt Method**

Revolutionary self-care system based on fascial release techniques for any age and activity level. Helps eliminate mental and physical stress and chronic pain that accumulates from daily life/repetitive activities/sports through the practice of gentle fascial/connective tissue & nervous system reconnect, rebalance, rehydrate & release practices. Check with Liz if interested: 985.778.3448

**Mommy & Me Aerial**

- Scheduled by Instructor or available for private bookings
- \$35 per Mom & Child pair for a one-hour class

**Partner Dance Night**

- Offered one Saturday night each month
- \$45 per couple

### **Pilates Apparatus (Reformer, Cadillac, Barrel, Chair, etc.)**

- Intermediate/Advanced Reformer & Apparatus classes offered in small groups and in private sessions only, currently ongoing. Please inquire if you'd like to join a class and we will provide you with a schedule, protocol, and pricing (follows private/small group private fee schedule - see Private Training).

### **Pilates Mat**

- \$15 to drop-in for SGT members, who may also use it as their one free weekly class
- \$20 drop-in for the public or you can purchase a class card of 10 classes for \$150 (expires 4 months from the purchase date)
- Your class card can be used for Yoga and DanceFit, as well

### **Restorative Aerial Yoga**

- Offered one Sunday evening per month, scheduled at the beginning of each month.
- \$40/person for this 75-minute class \* cash/check only

### **Water Fitness - reserving your spot is required. 985.875.1182 \* SEASONAL**

- \$20 for SGT Members
- \$25 for the public
- Limited to 6 students
- This class is offered at a separate location about 10 minutes from downtown Covington / Seasonal

### **Yoga**

- \$15 drop-in for SGT Members or you can use it as your one free weekly class.
- \$20 drop-in for the public or you can purchase a class card of 10 classes for \$150 (expires 4 months from the purchase date)
- Your class card can be used for Pilates Mat & DanceFit, as well
- Limited to 8 students: please call to book your spot.

### **Yoga Nidra (when offered)**

- \$15 drop in for SGT members OR SGT members may choose to use YN as a Small Group Training (5-5:30 regular training with Yoga Nidra 5:30 - 6:20/6:30...so it's like a bonus!) or as their one free weekly class
- \$20 drop-in for the public or you can purchase a class card of 10 classes for \$150 (expires 4 months from the purchase date)
- Your class card can be used for Pilates Mat, Yoga, & DanceFit, as well
- Limited to 6 students: please call to book your spot.

### **Bodywork Services**

#### **Massage Therapy**

Therapeutic Massage is offered by studio owner and trainer, Monica Gallardo. Monica has been in practice for over 25 years. You can call her directly to book your appointment: 504.259.7080

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