The Bermuda Health Co-op

Nurturing the development of the Human Experience

PILATES • YOGA • FELDENKRAIS® • BETTER BIRTH • GYROTONIC • KMI • HOMEOPATHY

RATE SHEET & DISCOUNT PACKAGES

APRIL 2009

SINGLE LESSON RATES

THE FOLLOWING RATES ARE APPLICABLE TO YOGA, PILATES, GYROTONIC & FELDENKRAIS LESSONS

INSTRUCTOR LEVEL	SINGLE LESSON	FIVE LESSONS	DISCOUNT	TEN LESSONS	DISCOUNT
Integrated	$100.00	$450.00	10%	$800.00	20%
Senior	$80.00	$360.00	10%	$640.00	20%
Certified	$55.00	$275.00	-	$550.00	-
Associate	$45.00	$225.00	-	$450.00	-
Apprentice	$30.00	$150.00	-	$300.00	-

NOTE: FIVE & TEN LESSON PACKAGES MUST BE PRE-PAID AND USED WITHIN 6 MONTHS OF THE DATE OF PURCHASE.

PRIVATE GROUP RATES

PLEASE NOTE THAT THE FOLLOWING RATES ARE PER PARTICIPANT AND APPLICABLE TO YOGA, PILATES, GYROTONIC & FELDENKRAIS

INSTRUCTOR LEVEL	DUET	TRIO	QUAD	FIVE	SIX +
Integrated	$55.00	$45.00	$35.00	$30.00	$25.00
Senior	$45.00	$35.00	$30.00	$25.00	$22.00
Certified	$45.00	$35.00	$30.00	$25.00	$22.00
Associate	$35.00	$30.00	$25.00	$20.00	-
Apprentice	$30.00	$30.00	$25.00	$20.00	-

PRIVATE GROUP DISCOUNT PACKAGES 10% OFF

TEN LESSON PACKAGES MUST BE PRE-PAID AND USED WITHIN 6 MONTHS OF THE DATE OF PURCHASE.

INSTRUCTOR LEVEL	TEN DUET PACK	TEN TRIO PACK	TEN QUAD PACK	TEN FIVE PACK	TEN SIX+ PACK
Integrated	$495.00	$405.00	$315.00	$270.00	$225.00
Senior	$405.00	$315.00	$270.00	$225.00	$198.00
Certified	$405.00	$315.00	$270.00	$225.00	$198.00
Associate	$315.00	$270.00	$225.00	$180.00	-
Apprentice	$270.00	$270.00	$225.00	$180.00	-

GROUP CLASS RATES

THE FOLLOWING RATES ARE APPLICABLE TO YOGA, PILATES MAT & FELDENKRAIS® ATM CLASSES ONLY

Single 1 hour Class $20.00 * Single 1 ½ hour Class $25.00

TERM	DATES	DURATION	TERM RATE	EARLY SIGNUP	DISCOUNT
WINTER	5th January – 28th March 2009	12 weeks	$240.00	$180.00	25%
SPRING	13th April – 29th June 2009	11 weeks	$220.00	$165.00	25%
SUMMER	29th June – 29th August 2009	8 weeks	$160.00	$120.00	25%
FALL	7th September – 28th November 2009	12 weeks	$240.00	$180.00	25%

BETTER BIRTH PROGRAM

PLEASE REGISTER IN ADVANCE. PAYMENT MUST BE RECEIVED TWO WEEKS PRIOR TO THE START OF EACH COURSE.

Prenatal Foundation	CONCIOUS BIRTH WORKSHOP	8 weeks	$475.00	*A MUST for Mothers: Materials Incl.*
Prenatal Yoga	PRENATAL EXERCISE CLASS	12 weeks	$300.00	*Good from pre-conception until birth*
Postpartum	MOTHER & BABY CLASS	10 weeks	Call	*Restore your body after birth*

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