



PILATES MEMBERSHIP

STUDIO VENUE:

**Hervormerde Kerk,
34B Georgia Street, Horison**
[Click to go to Google maps](#)

2025 Pilates Packages

Mondays and Wednesdays:
16:00-16:45; 17:15-18:00

- Package 1: R545 per month two classes weekly
- Package 2: R435 per month one class weekly
- Package 3: R485 per month senior citizens
- Package 4: R435 per month students (12-18yrs)

A joining fee of R250 will be levied with the first month's fees to cover new member sign-up costs.

PAYMENT:

Payments must be made via EFT by the 7th of each month to pre-pay for the month's classes.

Banking details:

Bank: FNB
Account Name: Better4Life Training and Development
Account Number: 62826328115
Branch Code: 250655
Reference: Initial and Surname + Pilates
(Example: C Jean Pilates)
Proof of payment: finance@better4life.co.za

Kindly note: No cash deposits accepted.

ONE-FULL MONTH NOTICE PERIOD:

We do not enforce 12-month membership contracts as an expression of goodwill and trust. However, for mutual benefit and the sustainability of our studio, we request a full calendar months' notice period. Should you want to cancel your membership, a written request to finance@better4life.co.za is required with a 1-month paid notice period. After cancellation, if a client wishes to return to the studio within the same year, a re-joining fee of R450 will be levied in addition to the month's membership.

If you are away on holiday or miss classes, you are still liable to pay the month's fee.

Special arrangements can be made for emergency medical leave.

Note: Selfies are not permitted in class.

CLASS CALENDAR:

Classes run the whole year round, except on Easter and Christmas public holidays. Classes close for 2 weeks over December/January. This closure time is already provided for from months where there are 5 weeks and classes are provided at no additional cost. Therefore, payment is required every month including December.

DRESS CODE:

Please honour our safe and comfortable space, and wear pants that reach the knees and high neckline tops.

EQUIPMENT NEEDED:

- Exercise mat
- Big stability ball (65cm-75cm: **Please check correct size with your instructor**)
- 7-inch small ball (about 20cm)
- Magic circle (also known as an exercise ring)

You can purchase your exercise mat and big stability ball immediately. The remaining equipment can be purchased within the month of joining. Contact us if you need more details.

Please fill in and sign:

Full name/s of members joining:

Email: _____

Cell: _____

Class time: _____

Package: _____

How you heard about us: _____

Date: _____

Signature of agreement: _____

By signing this agreement, I hereby agree with and abide by all the terms and conditions laid out in this sign-up form to Better4life Pilates for my period of membership.