

# YOGA THERAPEUTIC DANCE PILATES GYM

Welcome to our Healthcare Services, empowered by Physiotherapy

## YOGA CLASSES

**Tuesday 9am - 10 am**

**Friday 6pm - 7 pm**

**Sunday 9am - 10am**

### FEES:

**Package 1 (P1) - Once a Week**

8 sessions at RM240.00

\* Expiry is 10 weeks after FIRST session.

**Package 2 (P2) - Twice a Week**

8 sessions at RM210.00

\* Expiry is 6 weeks after FIRST session

**Walk-in RM40.00 @ hour**

### Yoga props:

Yoga mats + bag RM70

Yoga blocks RM30

Yoga straps RM30

## THERAPEUTIC DANCE CLASSES

**Wednesday: 9.30am - 10.30am**

**7.00pm - 8.00pm**

**Trial Classes RM35 @ session**

### FEES:

**Package (TD1) - Once a Week**

4 sessions at RM120.00

## PHYIOfitness - Gym Membership

Depends on Packages

Your visit to the gym will be on appointment.



03 4108 3566

03 4107 3566

03 4108 3567

PHYSIOfit Fitness & Wellness Centre

9127 Taman Melawati, Jalan Bandar 4, 53100 Kuala Lumpur

## TERMS AND CONDITIONS

1. Package clients have first preference in any class.
2. Each package of 4 classes (once a week) is valid for 6 weeks
3. Each package of 8 classes (twice a week) is valid for 6 weeks.
4. Those signed-up for a package of 8 classes MUST attend class twice a week; and CANNOT convert it into a once a week class.
5. In case you cannot attend, package clients will have to inform PhysioASSIST fitness Centre 48 hrs in advance on cancellation of class or risk forfeiture of class.
6. PhysioASSIST fitness Centre will inform all clients 48 hours in advance on cancellation of a class.
7. Free classes on introduction of a friend are only offered to those clients signed-up for a package
8. Any free class may only be redeemed after a package is completed.
9. Yoga mats provided by PhysioASSIST fitness Centre are only to be used by Walk-in Clients. Package clients are expected to use their own yoga mats.
10. Therapeutic Dance is STRICTLY for ladies ONLY. It is open to all group of ladies. Males are not allowed to attend or observe the Therapeutic Dance classes.