



# FITNESS INFORMATION

## YOUR FITNESS - YOUR WAY!

Commit to getting fit! Choose when you want to attend class and choose how many classes you want to attend. Please refer to our website, [tandemstudios.toronto.com](http://tandemstudios.toronto.com), for a complete description of all classes Tandem Studio offers and an up to date schedule with class time options. Can't decide yet? Come in and try one class for FREE!

**THREE MONTH UNLIMITED FITNESS:** \$468 ~~\$150/month~~  
**Now only \$109/month!**

A great option for those looking to jump start their training and maintain a high level of fitness! If you know you will be taking 4 or more classes per week this option is for you! With regular visits this option can be as low as \$10 per class!

**12 MONTH UNLIMITED FITNESS:** = \$140/month

For the committed fitness participant! This is an expansion of the 3 month unlimited fitness program allowing you to attend any class on our schedule for a full 12 months. Some flexibility is added with the ability to put your card "on hold" for 2 months per year for a small fee.

**8 WEEK COMMITMENT:** \$112 = \$14/class

This option is an economical introduction to a specific class to get you grooved in! Simply pick one class that appeals to you, in a specific time slot, and attend that class consecutively for 8 weeks. Feel free to add an additional 8 week class at a reduced rate. If you are unsure which class is the right fit or are unfamiliar with regularly attending a fitness program this is a good first step. Please note 8 Week Commitment cards expire 9 weeks after the date of purchase.

**ADDITIONAL CLASS:** \$96 = \$12/class

**DROP IN CLASS CARD:**

Our most flexible option for those who have an ever-changing schedule! This option allows you to attend any classes on our regular fitness schedule. No commitment, no problem! It's great for maximum freedom choosing your workout days and times. Cards can be purchased in denominations of 5, 10, 15 or 20 classes. The more classes you buy, the lower the cost per class. Please note all Class Cards expire one year from date of purchase (excluding 8 Week Commitment).

5 CLASS:	\$120	= \$24/class
10 CLASS:	\$200	= \$20/class
15 CLASS:	\$255	= \$17/class
20 CLASS:	\$300	= \$15/class

**SPECIALTY CLASSES AND PERSONAL TRAINING:**

For those interested in a one on one approach to fitness, personal training may be the route to go! The instructor can tailor each training session to work on the exact areas you feel need to be targeted. We can set up specific times that work around your busy schedule . You can also train with a friend, or get a group together for a specialty class - belly dancing anyone? The Studio will work with you to provide a custom package; call us with your ideas!

All classes subject to HST.

Registration is not considered complete until payment is received and Waiver is submitted.

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