

# GETFITJANANI

## 2019 TIMETABLE

### FITNESS CLASSES

DAY	VENUE	TIME	INSTRUCTOR
Monday	Girraween Studio	8.30 – 9.30pm	Janani
Tuesday	Crestwood CC	6.30 – 7.30pm	Janani
Wednesday	Toongabbie Baptist Church	8.15 – 9.15pm	Ratna
Friday	Girraween Studio	7.30 – 8.30pm	Janani/Ratna
Saturday	Chipping Norton	9.30 – 10.30am	Ratna
Sunday Mornings	Girraween Studio	8.30 – 9.30am	Ratna

### DANCE CLASSES (Through IDS)



Tuesday – Mixed Styles	Crestwood CC	7.30 - 8.15pm	Janani
Wednesday – B/Natyam	Toongabbie Baptist Church	7.30 - 8.15pm	Ratna

### ADDRESS

CRESTWOOD COMMUNITY CENTRE 108 Crestwood Drive BAULKHAM HILLS	TOONGABBIE BAPTIST CHURCH 180 Toongabbie Road GIRRAWEEEN	GIRRAWEEEN STUDIO 106 Magowar Road GIRRAWEEEN	CHIPPING NORTON PUBLIC SCHOOL 4 Central Avenue CHIPPING NORTON
---	--	---	--

CLASS ENTRY	CLASS-PASSES	WHAT TO WEAR	WHAT TO BRING	CLASS FORMAT	CLASS CAPACITY
Please wait outside until the instructor allows you in.	Please collect your class-pass upon payment and ensure it gets signed each lesson.	Gym / comfortable clothing. Closed shoes – joggers	<ul style="list-style-type: none"> <li>Towel</li> <li>Water bottle</li> <li>Yoga/Gym Mat</li> <li>0.5 to 1.5KG hand weights</li> </ul>	Warm up Dance Cardio Dance with Hand weights Toning - abs/legs Cool Down	Maximum of 30. If we reach full capacity we cannot let you in if you are late to class.

### PLEASE NOTE

- Mixed Dance styles includes Bollywood & Kollywood and Cinematic Style classical dance.
- Due to fire and safety hazard (Fire exits & safe space), please only bring your required class items.
- We understand some nights you may need to bring your child to into the class. We are fine if you have explained to your child that they must stay in one place for safety reasons. We are happy to accommodate as we don't want you to miss out on class.

# 2019 TERM DATES



TERM 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	28-Jan	29-Jan	30-Jan	31-Jan	1-Feb	2-Feb	3-Feb
Week 1	4-Feb	5-Feb	6-Feb	7-Feb	8-Feb	9-Feb	10-Feb
Week 2	11-Feb	12-Feb	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb
Week 3	18-Feb	19-Feb	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb
Week 4	25-Feb	26-Feb	27-Feb	28-Feb	1-Mar	2-Mar	3-Mar
Week 5	4-Mar	5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar
Week 6	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar
Week 7	18-Mar	19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar
Week 8	25-Mar	26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar
Week 9	1-Apr	2-Apr	3-Apr	4-Apr	5-Apr	6-Apr	7-Apr
Week 10	8-Apr	9-Apr	10-Apr	11-Apr	12-Apr	13-Apr	14-Apr
	15-Apr	16-Feb	17-Feb	18-Apr	19-Apr	20-Apr	21-Apr
	22-Apr	23-Apr	24-Apr	25-Apr	26-Apr	27-Apr	28-Apr
TERM 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	29-Apr	30-Apr	1-May	2-May	3-May	4-May	5-May
Week 2	6-May	7-May	8-May	9-May	10-May	11-May	12-May
Week 3	13-May	14-May	15-May	16-May	17-May	18-May	19-May
Week 4	20-May	21-May	22-May	23-May	24-May	25-May	26-May
Week 5	27-May	28-May	29-May	30-May	31-May	1-Jun	2-Jun
Week 6	3-Jun	4-Jun	5-Jun	6-Jun	7-Jun	8-Jun	9-Jun
Week 7	10-Jun	11-Jun	12-Jun	13-Jun	14-Jun	15-Jun	16-Jun
Week 8	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun	22-Jun	23-Jun
Week 9	24-Jun	25-Jun	26-Jun	27-Jun	28-Jun	29-Jun	30-Jun
Week 10	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul	6-Jul	7-Jul
	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul	13-Jul	14-Jul
	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul	20-Jul	21-Jul
TERM 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul	27-Jul	28-Jul
Week 2	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug
Week 3	5-Aug	6-Aug	7-Aug	8-Aug	9-Aug	10-Aug	11-Aug
Week 4	12-Aug	13-Aug	14-Aug	15-Aug	16-Aug	17-Aug	18-Aug
Week 5	19-Aug	20-Aug	21-Aug	22-Aug	23-Aug	24-Aug	25-Aug
Week 6	26-Aug	27-Aug	28-Aug	29-Aug	30-Aug	31-Aug	1-Sep
Week 7	2-Sep	3-Sep	4-Sep	5-Sep	6-Sep	7-Sep	8-Sep
Week 8	9-Sep	10-Sep	11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
Week 9	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
Week 10	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
	30-Sep	1-Oct	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
	7-Oct	8-Oct	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
TERM 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	14-Oct	15-Oct	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
Week 2	21-Oct	22-Oct	23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
Week 3	28-Oct	29-Oct	30-Oct	31-Oct	1-Nov	2-Nov	3-Nov
Week 4	4-Nov	5-Nov	6-Nov	7-Nov	8-Nov	9-Nov	10-Nov
Week 5	11-Nov	12-Nov	13-Nov	14-Nov	15-Nov	16-Nov	17-Nov
Week 6	18-Nov	19-Nov	20-Nov	21-Nov	22-Nov	23-Nov	24-Nov
Week 7	25-Nov	26-Nov	27-Nov	28-Nov	29-Nov	30-Nov	1-Dec
	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec	7-Dec	8-Dec

Please note:

Classes falling on public holidays, may not run. We will confirm closer to date.

GFJ will conduct any make up classes and/or holiday classes during NSW School Holiday Period

Classes may not run due to IDS events.

**EARLY BIRD DISCOUNT FOR CLASS PASSES!!**  
**PAY BEFORE 28<sup>th</sup> JULY & RECEIVE \$10 OFF YOUR TOTAL TERM FEES.**  
**Conditions apply.**

**This term we are only running 10 WEEKS, therefore we are offering:**

<b>CLASS-PASS FOR FITNESS &amp; DANCE</b>	<b>PER PERSON</b>
<b>10 CLASS-PASS</b>	<b>\$ 140</b>
<b>20 CLASS-PASS</b>	<b>\$ 240</b>
<b>UNLIMITED FOR FITNESS &amp; DANCE</b>	<b>\$ 300</b>

If you have a family member enrolled at IDS, please inquire about the family discount.

**If you want to pay per class, here is the rate below:**

<b>CASUAL DROP INS</b>	<b>PER PERSON</b>
<b>PER CLASS</b>	<b>\$ 15</b>

Casual class payment in cash only directly to instructor or admin.

## **PAYMENT METHODS**

- We DO NOT have EFTPOS/Credit Card Facilities at any of our venues.** We do not accept Cheques.
- You can pay by cash (we do provide change).
- You can do an Electronic Transfer into:

**Account Name: Janani Beadle**

**Bank: Commonwealth Bank**

**BSB No: 062 597**

**Account No: 1005 8875**

**Description: "Student Name"**

**The transfer must be paid on or before due date and Receipt Number must be issued to Admin via text to 0406 553**

**601. The discount does not apply to electronic payments made after the due date.**

## TERMS & CONDITIONS:

1. Term 3 Class-pass is only valid from Monday 22<sup>nd</sup> July to 29<sup>th</sup> September 2019.
2. Payments are to be **UPFRONT**.
3. **FOR NEW ENROLMENTS:** Before you enrol you can try out any classes for \$15 only in the first week. If you wish to continue and choose to pay for the term, you can pay the difference in the 2<sup>nd</sup> week and still receive the discount.
4. **CASUAL PAYERS** – We only accept cash; please place in an envelope with the exact amount to avoid delaying class time.
5. It is your responsibility to complete your class-pass before the valid date expires.
6. An email will be sent out prior to the start of a new term as a courtesy payment reminder only. It is the responsibility of the member to check payment amount prior to due date.

## 10 or 20 CLASS-PASS PER TERM

The 10 or 20 class-pass gives you the freedom to attend any classes during the week instead of paying casual rate.

## UNLIMITED CLASS PASS PER TERM

If you buy UNLIMITED PASS (\$300), you can attend any of our Fitness or Dance classes in Girraween and Baulkham Hills and Liverpool, without giving any notice. Please show your unlimited pass every lesson.

## REFUNDS

Please note that refunds are not available for class-pass payments. You should ensure you keep track of your class-pass.

## LATE FEE

Please note that any payments made after due date will incur a late fee; this is because we have allocated administrators to collect the fees on specific weeks of the term. If the administrators are asked to come an extra week due to overdue payments, we source out the fund by charging late fees.

## PROCEDURES AND HOUSEKEEPING

We have procedures/housekeeping to ensure our classes run efficiently.

**REGISTRATION FORMS** - You must fill in form before participating in class. If you run late to your first class and haven't got the form filled in, you will be asked to fill it first. You are only required to fill in ONE registration form unless your details have changed.

**ENTRY INTO CLASS** – Please always wait outside the class rooms until our staff ask you to come in.

**WHATSAPP GROUP** – We have WhatsApp group for Hills and Girraween. It is used in case we have to cancel class in last minute or if we are running late. We also use it to motivate ourselves too! I kindly ask if you can text 0406 553 601 requesting to be added to the group.

### CONTACT DETAILS & ADMIN HOURS

1. **For any inquires, payments or registrations**, contact our Admin Sanjuta on 0406 553 601 or Janani on 0404 831 645.
2. **At the start of each term:** for the first week of each term, Sanjuta or Janani will be there 10 minutes prior to class start time to finalise payments & receive any registration forms.

<b>LIKE US</b>	<b><a href="https://www.facebook.com/getfitjanani">facebook.com/getfitjanani</a></b>
<b>FOLLOW US</b>	<b><a href="https://www.instagram.com/getfitjanani">Instagram @getfitjanani</a></b>
<b>SUBSCRIBE</b>	<b><a href="https://www.youtube.com/c/getfitjananib">YouTube.com/c/getfitjananib</a></b>
<b>EMAIL</b>	<b><a href="mailto:getfitjanani@gmail.com">getfitjanani@gmail.com</a></b>
<b>CONTACT</b>	<b>0404 831 645</b>