

# GET FIT JANANI

## MONTHLY SESSION

### Face to Face & Zoom Classes

VENUE / DAY	CLASS TYPE	TIME (AEST)	INSTRUCTOR
<b>KELLYVILLE</b>			
Monday Nights	Bollywood Dance	7.00 – 7.45pm	Janani/John
Monday Nights	GFJ Dance Fitness	7.45 – 8.45pm	Janani/John
Wednesday Nights	Bollywood Fitness	6.45 – 7.30pm	Janani
Wednesday Nights	GFJ Dance Fitness	7.30 – 8.30pm	Janani
<b>BAULKHAM HILLS</b>			
Tuesday Nights (Z)	Bollywood Dance	6.30 – 7.15pm	Janani
Tuesday Nights (Z)	GFJ Dance Fitness	7.15 – 8.15pm	Janani
Thursday Nights	Bollywood Fitness	7.00 – 7.45pm	Janani
Thursday Nights	GFJ Dance Fitness	7.45 – 8.45pm	Janani
<b>WENTWORTHVILLE</b>			
Wednesday Nights	Bollywood Dance	7.45 – 8.30pm	John
Friday Nights (Z)	GFJ Dance Fitness	7.00 – 8.00pm	Janani
Sunday Mornings (Z)	GFJ Dance Fitness	8.30 – 9.30am	Ratna / Janani
<b>GIRRAWEEEN</b>			
Wednesday Nights	GFJ Dance Fitness	8.15 – 9.15pm	Ratna

### Locations

<b>KELLYVILLE AREA</b>	<b>BAULKHAM HILLS</b>	<b>WENTWORTHVILLE AREA</b>	<b>GIRRAWEEEN AREA</b>
Beaumont Hills Community Centre Corner of Arnold Janssen Drive and The Parkway BEAUMONT HILLS	Crestwood Community Centre 108 Crestwood Drive BAULKHAM HILLS (Inside Charles McLaughlin Reserve)	FPA Studio SRL Building, Lower Ground, 403 Great Western Highway, WENTWORTHVILLE (2 <sup>nd</sup> Driveway after Kelso Doors)	Dance Expression 106 Magowar Road GIRRAWEEEN

Link to IDS class info – [www.indiandance.com.au](http://www.indiandance.com.au)

# MONTHLY CLASS FEES

\*\*\*Early bird discount when you pay by your first lesson – Take \$23 OFF for Unlimited Class Option\*\*\*

\*\*\*If you re-enrol for the next month – Take an extra \$10 OFF for Unlimited Class Option\*\*\*

FEE PER STUDENT	MONTHLY FEE
ANY IDS/GFJ CLASS	
4 CLASSES	\$ 64.00/month
8 CLASSES	\$ 115.00/month
UNLIMITED	\$ 163.00/month**

## \*\*EARLY BIRD DISCOUNT

If you pay unlimited option by your first lesson - \$163 - \$23 = \$140

## \*\*RE-ENROL DISCOUNT FOR NEXT MONTHLY SESSION

If you continue the next month receive additional \$10 off, if you pay for unlimited option - \$163 - \$23 - \$10 = \$130

## ENROL AT THE INDIAN DANCE SCHOOL

If you or your child enrolls at IDS, they can receive the family discount. Please contact Janani for further info.

### \*Please Note:

1. We will be charging monthly only.

2. GFJ classes capped at 3<sup>rd</sup> Class (Capped at \$163 per month)

3. You can have up to 4 family members to receive multiple class discount. Must be immediate family.

# PAYMENT METHOD

## 1. You can do an Electronic Transfer into:

**ACCOUNT NAME: THE INDIAN DANCE SCHOOL**

**BSB NO: 062 223**

**BANK: COMMONWEALTH BANK**

**ACCOUNT NO: 1089 1172**

**DESCRIPTION: "STUDENT FULL NAME"**

The transfer must be paid on or before the first lesson of each term and our admins must be notified via text 0406 553 601 or email: [admin@indiandance.com.au](mailto:admin@indiandance.com.au)

## 2. We DO NOT have Credit Card Facilities & we DO NOT accept CASH/CHEQUES.

## TERMS & CONDITIONS:

1. We will no longer offer casual class payments and only accept monthly payments.
2. Monthly payments are only valid between the specific monthly dates provided by GFJ.
3. Registrations & bookings are to be made via online form & Bank Transfer.
4. **FOR NEW ENROLMENTS:** Before you enrol you can try out any classes for \$10. If you wish to continue and choose to pay for the month, you can still receive the monthly discount.
5. **HOLIDAY BREAKS:** Our timetable and fees will change during the holiday period.
6. **MAKE UP LESSON:** You can make up any missed class by attending any of our venues. Make up lessons can be done within 2-month window.

## REFUNDS

Please note that refunds are not available after you have booked your classes. Please ensure you are completely committed to the monthly classes before making the payment.

## HOW MUCH CAN YOU SAVE WITH MONTHLY PAYMENTS?

<b>8 CLASSES A MONTH</b>		<b>\$115.00</b>		<b>SAVE \$13.00</b>
<b>UNLIMITED PER MONTH</b>		<b>\$163.00</b>		<b>SAVE \$29.00</b>
<b>EARLY BIRD DISCOUNT</b>		<b>\$140.00</b>		<b>SAVE \$177.00</b>
<b>RE-ENROL UNLIMITED DISCOUNT</b>		<b>\$130.00</b>		<b>SAVE \$187.00</b>

*Doing monthly classes will motivate you to consistently exercise and help reach your goals!*

### PLEASE NOTE

- The first class may be overwhelming as we do a one-hour class filled with choreographed dance/fitness steps as well as cardio and physical challenges. BUT we promise you that after a few classes you will feel a big difference in your coordination, endurance, and mental wellbeing. It's never too late to get fit and feel great.
- Please request to be added to our WhatsApp group. My number is 0404 831 645. Mainly to notify of any class updates & motivational messages.
- Don't forget your water bottle, towel/mat, resistance band for legs and 0.5 to 1 kg hand weights. You don't have to use the band or hand weights for your first lesson. Best to get it after you have done a few classes with us.

## ZOOM

- Ensure to workout in safe space, keep your devices charged & select mute during the class.
- You also have the option to “Stop Video” on your end so others cannot see you on the screen.
- We recommend adding speakers to your device for quality sound.
- Zoom classes run at every class except on Sundays.

## FACE TO FACE – COVID-19 SAFETY PLAN

Whilst it is exciting that we are conducting face to face classes, the health of our GFJ members & staff is of utmost importance. The following measures will be enforced:

- No cash payments. All payments must be finalised via online.
- All members & staff must refrain from touching/hugging other members.
- Members must not share food/water/clothing/mats with other students.
- We encourage all members to bring hand sanitiser with them to be used before/after class.
- Social distancing must be maintained by all members of GFJ (during/in between classes, whilst waiting for classes, foyer etc).
- If you have any **SYMPTONS** or are not feeling well, have been in contact with an overseas traveller or someone who has recently been diagnosed with COVID-19, PLEASE DO NOT attend classes.
- Prior to & at the end of class, we will provide wipes to disinfect/clean the area you occupy during class.
- Must bring a mat or towel for floor exercise.
- Please do not bring your child/ren to class.
- Please bring a bag with your fitness items to avoid any clutter and maintain safety area for all.
- We will continue to monitor the covid-19 situation and will adhere to all government regulations.

# MONTHLY CLASS DATES

TERM 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Month 1	1-Feb	2-Feb	3-Feb	4-Feb	5-Feb	6-Feb	7-Feb
	8-Feb	9-Feb	10-Feb	11-Feb	12-Feb	13-Feb	14-Feb
	15-Feb	16-Feb	17-Feb	18-Feb	19-Feb	20-Feb	21-Feb
	22-Feb	23-Feb	24-Feb	25-Feb	26-Feb	27-Feb	28-Feb
Month 2	1-Mar	2-Mar	3-Mar	4-Mar	5-Mar	6-Mar	7-Mar
	8-Mar	9-Mar	10-Mar	11-Mar	12-Mar	13-Mar	14-Mar
	15-Mar	16-Mar	17-Mar	18-Mar	19-Mar	20-Mar	21-Mar
	22-Mar	23-Mar	24-Mar	25-Mar	26-Mar	27-Mar	28-Mar
<b>Holidays 29th March - 18th April</b>							
TERM 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Month 3	19-Apr	20-Apr	21-Apr	22-Apr	23-Apr	24-Apr	25-Apr
	26-Apr	27-Apr	28-Apr	29-Apr	30-Apr	1-May	2-May
	3-May	4-May	5-May	6-May	7-May	8-May	9-May
	10-May	11-May	12-May	13-May	14-May	15-May	16-May
Month 4	17-May	18-May	19-May	20-May	21-May	22-May	23-May
	24-May	25-May	26-May	27-May	28-May	29-May	30-May
	31-May	1-Jun	2-Jun	3-Jun	4-Jun	5-Jun	6-Jun
	7-Jun	8-Jun	9-Jun	10-Jun	11-Jun	12-Jun	13-Jun
Month 5	14-Jun	15-Jun	16-Jun	17-Jun	18-Jun	19-Jun	20-Jun
	21-Jun	22-Jun	23-Jun	24-Jun	25-Jun	26-Jun	27-Jun
<b>Holidays 28th June - 11th July</b>							
TERM 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	12-Jul	13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul
	19-Jul	20-Jul	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul
Month 6	26-Jul	27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug
	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug	7-Aug	8-Aug
	9-Aug	10-Aug	11-Aug	12-Aug	13-Aug	14-Aug	15-Aug
	16-Aug	17-Aug	18-Aug	19-Aug	20-Aug	21-Aug	22-Aug
Month 7	23-Aug	24-Aug	25-Aug	26-Aug	27-Aug	28-Aug	29-Aug
	30-Aug	31-Aug	1-Sep	2-Sep	3-Sep	4-Sep	5-Sep
	6-Sep	7-Sep	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep
	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep
<b>Holidays 20th September - 3rd October</b>							
TERM 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Month 8	4-Oct	5-Oct	6-Oct	7-Oct	8-Oct	9-Oct	10-Oct
	11-Oct	12-Oct	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct
	18-Oct	19-Oct	20-Oct	21-Oct	22-Oct	23-Oct	24-Oct
	25-Oct	26-Oct	27-Oct	28-Oct	29-Oct	30-Oct	31-Oct
Month 9	1-Nov	2-Nov	3-Nov	4-Nov	5-Nov	6-Nov	7-Nov
	8-Nov	9-Nov	10-Nov	11-Nov	12-Nov	13-Nov	14-Nov
	15-Nov	16-Nov	17-Nov	18-Nov	19-Nov	20-Nov	21-Nov
	22-Nov	23-Nov	24-Nov	25-Nov	26-Nov	27-Nov	28-Nov
	29-Nov	30-Nov	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec
<b>Holidays 6th December to 31st January</b>							

# FAQs (Frequently Asked Questions)

## HOW DO I SIGN UP?

Please contact Janani for the online Waiver form. Once you submit the form, Janani will add you to our database and reserve your spot.

## HOW DO I PREPARE FOR MY FIRST LESSON?

- For F2F: Please wait outside the room until the instructor comes to greet you.
- What to wear – Comfortable/Gym clothing. Closed shoes – joggers or dance shoes.
- What to bring: Water bottle, Towel or Yoga mat and set of 0.5kg-1kg hand weights & Resistance Leg Band
- We recommend having a fitness bag with all the required items. Easy to grab and go!

## HOW DO I GET THE LINKS FOR EVERY ZOOM CLASS?

If you are doing Zoom Classes, select the classes you wish to attend on our Rego Form. Once we have received your payment, we will email the Zoom link.

## WHAT IF I MISS A LESSON?

We offer make up classes at any of our venues. You can make up that lesson anytime within 2 months.

## HOW CAN MY FRIENDS JOIN?

Please get your friends to contact Janani directly and she will send the online forms and information. If they enrol for the month, you can request for a referral discount from Janani.

## WHAT IS THE CLASS FORMAT?

**LOW IMPACT CLASS:** 5 minutes of Warm up, 35 minutes of Dance Cardio, followed by a relaxing cool down.

**GFJ CLASS:** 5 minutes of Warm up, 20 minutes of Dance Cardio, 20 minutes of Dance Toning with hand weights, 10 minutes of Dance HITT focussing on Abs and Legs followed by a nice relaxing cool down.

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**SUBSCRIBE**      [YOUTUBE.COM/C/GETFITJANANIB](https://www.youtube.com/c/GETFITJANANIB)

**EMAIL**      [GETFITJANANI@GMAIL.COM](mailto:GETFITJANANI@GMAIL.COM)

**CONTACT**      **0404 831 645**

**CLASSFIT**      **SEARCH "JANANI BEADLE"**