



What's on the Menu & Timetable, Zen with Benefits

Roaming Zen Studio offers small group classes in Barre, Fitness, Pilates, TRX & Yoga.
Our passion is to support, motivate & guide our local community through a fitness, wellness path to feeling & moving better.

	MON	TUES	WED	THU	FRI	SAT	SUN
6am	Zen Yoga	RZ ReZist Fusion	RZ F.I.T	RZ Run & TRX Circuit	RZ Barre Fusion		
7am		RZ Barre ReZist Fusion	RZ Barre Express		RZ TRX - Move		
705am	Zen Yoga			Pilates Mat HIIP			
745am						RZ Barre	
9am	TRX Strength		TRX Strength		RZ Barre Express	Studio 1 Zen Pilates Mat/ Studio 2 Zen Yoga	
10am	Studio 1 RZ Barre / Studio 2 RZ Tiny Tots Dance	Studio 1 RZ Barre Fusion / Studio 2 Pilates Mat	Zen Yoga	Studio 1 RZ Barre/ Essentials/ Studio 2 Kids YOGA	Pilates Mat		RZ Barre
10.15am						Studio 1 RZ Barre Fusion/ Studio 2 RZ F.I.I.T	
11.30am		RZ Pre & Post Natal Pilates		RZ Mum's & Bubs Barre		Zen Mobility, Stretch & Release	
4.00pm							Zen Yin Yoga 60 mins
4.30pm		Studio 1 Zen Yoga / Studio 2 Kids YOGA					
5pm			TRX - Strength				
5.45pm	TRX - Strength				Zen Yin Yoga 75 mins		
6pm	RZ Barre	RZ TRX/ReZist / Pilates Mat	RZ Barre				
615pm				Studio 1 TRX Circuit / Studio 2 Zen Yoga			
715pm	Zen Yin Yoga 75 mins	Studio 1 RZ Barre Essentials / Studio 2 NEW CLASS Salsalates / Adult Ballet	Zen Yin Yoga 75 mins	Pilates Mat			

Zenners on memberships and packs can attend all classes.

2019 Prices

Single Class \$22

New Client Offer A Taste of Zen 4 weeks unlimited \$99

5 Class Pack \$95 2 mth exp

10 Class Pack \$179 3 mth exp

20 Class Pack \$340 4mth exp

1 Month Zen Unlimited \$220

\$49* per week Zen Unlimited 12 month Membership.

\$32* per week Essentials 2 Class 12 month Membership

* New memberships from 1/1/2019

Timetable subject to change seasonally



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Online bookings essential
roamingzen.com.au

RZ Barre & TRX

Roaming Zen Barre, Barre Fusion RZ Barre 60 Min & Express 45 min Essentials	A blend of Pilates, Dance, Yoga and Functional Training. It's fun, energising and a targeted workout that uses the ballet barre, small exercise equipment Fit Ball, Pilates Stick, Foam Roller and Magic Circle that will sculpt, tone and stretch your entire body. In our Fusion class we fuse all props together - even using the TRX if we only have 6 booked in! All finished with a little bit of Zen at the end! RZ Barre Essentials - smaller class numbers - great class to start your RZ Barre experience...we take you through the essential ingredients to get the most out of your RZ Barre class.
Mums & B's Barre & Pilates 60 mins sometimes a little more	Class is designed for Mums and their buds. A great way to get your pre baby body back. Have fun, while also promoting the bond with your new little one. Suitable for Mums that have been given the "all clear" from the specialist and Bub is no more than 9kg. Little Bub enjoys working out with you in a baby Bjorn or Ergo.
RZ ReZist / Fusion	All of what you love about RZ Barre fused with the Peak Pilates Resistance Stick or TRX. From the very first beat, you will feel the resistance of the Pilates Stick or TRX trainer, challenging your balance, core and stability! A great add in to your weekly workout! Take this class after you've done a few of our Barre classes!
RZ F.I.T 45 Mins & 60 mins	Fun Interval Training! High Intensity, short duration circuits that challenge the major muscle groups of the body including a cardio interval for a complete workout! We add on our own special bit of Zen at the end...
RZ Run & TRX Circuit 60 mins	Start your morning fresh with a 30 minute interval based run/walk outdoors and then bounce back into the studio for H.I.I.T circuits of toning and sculpting for the full body! Phew! Sounds fun!
TRX- Strength, CIRCUIT & Move 45 mins	Using the TRX Suspension trainer which uses gravity and body weight. Build Strength, endurance and cardio in this 45 minute class. Maximum 6 in class. Strength class is interval based (sneakers required) Move class - combines strength & barre (socks)

Zen Yoga & Pilates

Zen Yoga 60 or 75 mins	A holistic approach to yoga integrating not just the physical postures & asana but also philosophy, meditation, pranayama breath control and the yogic personal and social code of ethics...a mindful class that leave you calm, centred and nourished.
Zen Yin 75 mins	Yin Yoga is slow paced style of yoga with postures or asana held for longer periods of time. Targeting the connective tissue of the body and stilling of the "monkey mind". This style yoga is perfect if you are tired, overstimulated and simply craving for stillness. Finishing each class with meditation or mindfulness to balance the practise.
Zen Pilates Mat 60 mins	Pilates Mat Class - incorporating all of the Pilates principles of postural alignment, breath control, core stability, controlled movement and flexibility. Low Impact combined with small props - a great class to focus on the smaller muscles that make all the difference!
Zen Restorative Yoga 75mins	Restorative Yoga - a practise of release & true surrender.Using props to support the body in long held postures - a great class to finish your week - brought to you by Instill Yoga.

Workshops

Roaming Zen Workshops Every 4 -6 weeks for 2hr	Be part of our regular workshops ... from creating Daily Rituals with the team from My Tribe Type, Mandala Art with Cathy Grey Inkworks, Pilates Workshops to Mindfulness and special Guest Instructors in Yoga, Pilates and Dance...Roaming Zen brings you a little bit "Zen" in its many different guises to take into your everyday...
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Roaming Zen Wine & Yoga Events

6 to 7 times per year	" Breathe outside the studio" Join Jen at some of SA's special wineries and enjoy a morning or afternoon of Yoga and Mindful Wine and Food Experience.
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Roaming Zen Wellness Retreats

Seasonal	Create space and stillness, lightness and zest. Our Wellness Retreats abroad in Sumatra, Indonesia provide you with the chance to step away and offer yourself time to reset. Daily Yoga practise, Pilates and relaxation, all meals & snacks, workshops and accomodation included.
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Online bookings essential
roamingzen.com.au

Roaming Zen Loyalty - Zen with Benefits.

At Roaming Zen, community means so much and we love to reward you for staying true to your intention of finding time in your week to stay Zen.

As we say "All work and no Zen is no good at all! "

Zen with Benefits

Refer a Friend to RZ.

Every member of the RZ community is able to share the code of "FFA" Free Friend Always with their friends. You can always bring a friend along to RZ and their class is free. Share the code with your friends, they create a profile online, purchase "A Little Zen" enter the promo code and the class is complimentary.

Rewards for Referring - *Thank you for sharing*

As our way of saying thank you for sharing your love of RZ with others, you have the option now to either have 2 extra classes added into your next Class pack or 2 pairs of Grippy Socks.(Zen Unlimited & Essentials receive a week complimentary) If your friend joins the community by purchasing a Class Pack or Membership, they receive the same benefits too!

Rewards for Loyalty - *Thank you for supporting*

If you are a Class Pack Zenner - every 4th Class Pack you purchase will manually have Classes added to it. This applies to Class Packs that are not on promotion.

Complimentary classes - will still be available from time to time and these will be exclusive for Active Class Pack & Zen Essentials. Simply book yourself in for the class and after the Class, we will update your account with the complimentary class.

Zen Membership Benefits - *Zen Unlimited & Essentials*

The benefits of our 12 month memberships are:

- Priority booking for all your favourite classes - book well in advance
- 10% of RZ Retail at Studio
- 10% off RZ Workshops, RZ Wine & Yoga Events & Studio cleanse (coming in 2019)
- Private Sessions 45 minutes with Jen
- 2 weeks complimentary per year, 1st & last week of membership
- Wear the brand your way. Bring in an new tank or t or sweat shirt and we will have it branded in RZ for you.



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- No locked in contract, freeze up to 12 weeks per year (non consecutive), no exit fee.
- Zen with Benefits - Referral & Refer a Friend FFA

Roaming Zen Cancellation & No Show Policy

Cancellation & No Show Courtesy - *Life gets hectic, we understand*

That's why at Roaming Zen we don't have any late cancellation fees*

For those that can't make it to class - cancel your booking through the MindBody app at least 2 Hours prior - as our class sizes are small, we do have waitlists and by late canceling, this means that another member of the RZ community can take your place and get to enjoy some Zen time.

If this isn't possible - please don't "No Show**" we do have a fee of \$15.

SMS 0408418228 so we can do this for you and let us know that you're ok.

** No Shows will be deducted from Class Pass & if on a membership or unlimited pass, a fee charged of \$15. Your account will be charged or deducted 24hrs after the missed class. This applies to all classes including complimentary classes at Roaming Zen.

Cancellation of classes - *we love to teach & help get you moving!*

Our team are passionate about all things movement & we love to teach class! That is why we will do everything possible to ensure that our classes run.

On the odd occasion, we will cancel a class up to 4 hrs prior to class time, if there is only 1 person booked in or worst case no one.

If you are fortunate to be the only person booked in, we will offer you a 1:1 with our RZ Instructor. We will reach out to you prior to check that you are comfortable for a 1:1. Imagine that, a whole hour dedicated solely on you!

In the unfortunate event that a class isn't popular on our timetable, we will seek your feedback to make change of what we offer before retiring the class all together.

Thank you for your continued support of Roaming Zen.

Together we can do so much!

Kindest

Jen & Team