



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

Roaming Zen 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 TRX Move	RZ F.I.I.T / Dance FIT	TRX FIIT	RZ Dance Barre Sculpt		
615am				Zen Yoga Flow			
7am	RZ SWEAT 30mins	RZ TRX Move (BooTy April 2020)	RZ DANCE FIT		RZ TRX - Strength		
745am						RZ Barre (BooTy® 1 per mth)	
9am	TRX Strength	RZ Barre Fusion (55min)	RZ F.I.I.T (BooTy April 2020)	Pilates F.I.I.T	RZ Barre Express	Studio 1 Zen Pilates Mat/ Studio 2 Zen Yoga	845am Pilates FIIT (Dancealates coming soon)
10am	Studio 1 RZ Barre / Studio 2 RZ Tiny Tots Dance (2-4)	Pilates Mat	Zen Yoga		Studio 1 Pilates Mat / Studio 2 Zen Yoga		RZ Barre
10.15am				Studio 1 RZ Barre Mums' & Bubs / Childminding available		Studio 1 RZ Barre Fusion (BooTy® Sat x 3) / Studio 2 RZ F.I.I.T	
11.30am	Restorative Yoga 75mins	Studio 2 RZ Pre & Post Natal Yoga / Studio 1 Zen Yan/ Yin Yoga	Zen Mobility, Stretch & Release		Gentle Yoga for Older Grown Ups	Zen Mobility, Stretch & Release	
4.00pm							Zen Yin Yoga 75 mins
4.45pm	TRX - Strength					2pm RZ Barre	
5pm			TRX - Strength				
5.45pm	TRX - Strength						
6pm	RZ Barre	Pilates Mat	Studio 1 RZ Barre (BooTy April 2020)		Zen Yin Yoga 75 mins		
615pm		RZ FIIT		Pilates F.I.I.T			
630pm				Zen Yoga (75mins)			
645pm	Pilates F.I.I.T						
715pm	Zen Yin Yoga 75 mins	Studio 1 RZ Barre / Studio 2 Pilates Mat	Zen Yin Yoga 75 mins	Pilates Mat			

2020 Prices

Single Class \$23.50

New Client Offer A Taste of Zen 4 weeks unlimited \$99 / Sneaky 2 Pack \$35

5 Class Pack \$99 2 mth exp

10 Class Pack \$189 3 mth exp

20 Class Pack \$349 4mth exp

1 Month Zen Unlimited \$230

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

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

*

Timetable subject to change seasonally

Online bookings essential



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

roamingzen.com.au

RZ Barre & TRX & BooTy®

Roaming Zen Barre, Barre Fusion, Barre Cardio, Dance Barre Sculpt RZ Barre 60 Min & 45 Mins	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!
Mums & B's Barre & Pilates 60 mins sometimes a little more	Class is designed for Mums and their bubs. 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 Barre Fusion	All of what you love about RZ Barre fused with the Peak Pilates Resistance Stick or TRX, Dance, Cardio. 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 & DANCE FIIT 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...Dance FIIT all you love dance - get ready to sweat, laugh & have fun!!
TRX- Strength, FIIT, & 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 or 8 in class. Strength class is interval based (sneakers required) Move class - combines strength & barre (socks)
BooTy® 45 or 60 mins	BooTy® makes you feel. The BooTy® Experience combines many different elements which will help you feel stronger both physically and mentally. Women only, grippy socks or soft clean sneakers easy-to-follow choreography, guaranteed workout, body weight exercise, interval training (squats, burpees, pushups, etc.), concentrated balance poses (some hidden yoga moves) , fun, motivating music that will move you, intense cardio (as much as you want to make it), options given for all levels of fitness (make your own modifications) & nice relaxation at the end.

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 leaves you calm, centred and nourished.
Zen Yoga Flow 60 mins	Wake up & Flow! Join us to rise and shine, waking up the body with mindful movement. A yoga flow class of asana, pranayama, finishing with meditation to leave you feeling open, grounded and energised for your day.
Zen Yoga Explore 60 mins	In this class, we embark on a journey of body awareness, visiting traditional yoga asana in new & playful ways. We'll explore sustainable movement for the body, incorporating somatic, mobility, coordination & strength work with a creative approach. Expect to use blocks, blankets & resistance bands to increase or decrease the physical & mental challenge. Overall a fun, nurturing movement experience
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 of 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 Pilates F.I.I.T	Pilates F.I.I.T is everything you love about Pilates with the added bonus of intervals, cardio & strength! You will Sweat!!! Joseph Pilates never said his method was easy and with the added spice - this will be a great add in to your weekly workout schedule.
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.
Zen Gentle Yoga for Older Grown Ups 60 mins	A gentle Hatha Yoga practise. We use props such as chairs, the barre, bolsters and more to enable Yoga to be more accessible for our community. Bookings, please contact us. We offer this class for Seniors for \$15.

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...
--	--

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.
-----------------------	---

Online bookings essential



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

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! "

Refer a Friend to RZ.

Every Class Pack & Zen Unlimited, Essentials 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 their first class is on us.

Rewards for Referring - *Thank you for sharing*

Thank you for sharing your love of RZ with others!
Choose either 2 extra classes added into your next Class pack or 2 pairs of Grippy Socks. 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.
- No locked in contract, freeze up to 12 weeks per year (non consecutive), no exit fee.
- Zen with Benefits - Referral & Refer a Friend FFA
- Zen Unlimited 1 "Whoops" Late Cancel per month.



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

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

At Roaming Zen we pride ourselves on being able to provide space in classes to all of our RZ community.

We love to have you attend class, its why we do what we do. We plan our classes based on who is booked in, to enable you to have the best possible RZ experience.

Our cancellation policy supports & respects the time commitment of our community & team.

Simply, cancel your space in class outside of the cancellation windows below & there is no fee or loss of class (in a class pack or Essentials).

Cancellation Time frames below.

- 6am & 7am Classes...less than 9hrs
- All other classes less than 2hrs

Our class sizes are small & many do have waitlists....so cancelling well in advance does give your spot to a client on the waitlist.

The Late Cancellation Fee & No-show fee is \$15 (Unlimited Passes or Zen Unlimited) or loss of class (Class packs or Zen Essentials)

Late Cancelling or No-Show make it difficult for us to offer your spot to a waitlisted client.

These fees apply 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 3hrs prior to class time, if there is only 1 person booked in or worst case no one. Or if we cannot find cover for our team.

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