



ABN 71 100 780 630

Studio Cirq is a centre for Yoga and Pilates in the Melbourne CBD. We teach 30 casual classes each week at our studios. We also specialise in corporate teaching. Our impressive client list and testimonials is at the back of this document.

We have two options for corporate groups:

1. Classes at the workplace

Suitable for groups of 4 – 15 people.
We can teach Yoga, Pilates or Meditation.
You decide on the day and time for the class
Our teacher comes to you at that time each week.
We loan you the mats.
Classes taught in a block of 8 – 10 consecutive weeks.
Fee per class \$150 including GST
Payment is made upfront at the start of the class

2. Group discount rate for casual classes at our Studio

\$90 for ten casual classes
Choose from our casual class timetable at Studio Cirq
Pass is valid for use over 12 weeks
Group must number ten or more individuals
All members of group must purchase their passes at the same time

Quality of Instruction

We place a high value on the skills and experience of our teachers. Each is a qualified specialist in their field who brings expertise and a depth of knowledge from years of teaching. We do not recommend or employ general fitness instructors with limited training to teach specialised techniques like Yoga, Pilates or any of the related forms.

2010 Rates

Classes at the workplace: Minimum booking for 8 consecutive weeks. \$150 per hour or part thereof. We provide yoga mats and equipment if required.

Insurance

Studio Cirq has public liability insurance to the value of \$10M which includes all teaching activities at client premises. Teachers have professional liability insurance and most have First Aid certificates.

Equipment

Mats are supplied to corporate clients on a loan basis for the period of the classes. The client is responsible for the collection of mats from Studio Cirq and the eventual return if classes end. We can also supply therabands for Pilates and straps for yoga.

Suitability

Our classes are designed to be effective for any adult of average fitness. Participants should always remember to tell the teacher if there is any physical condition that requires individual attention and possible special instruction. We do not encourage any person with an injury, recent major illness, disability, pregnant or with a chronic physical condition, to participate in classes as they may require specialist rehabilitation instruction.

Terms and Conditions

1. Session days and times are dependent on availability of a suitable teacher
2. Booking times of private classes at the Studio are dependant on availability of Studio space.
3. All fees are required to be paid upfront.
4. We require a minimum booking of 8 consecutive one-hour weekly sessions for private classes either at the Studio or your workplace.
5. Fees for one-on-one classes are pre-paid in 5 class blocks.
6. Cancellation of a class must be made 48 hours or more before the scheduled start. Late cancellations will result in the class being forfeited.
7. We do not teach classes on public holidays.

For more information and to discuss availability of classes and rates, please contact Lindsay at Studio Cirq on 9654 9994 or lindsay@studiocirq.com.au

Client List

Studio Cirq is proud to have worked for such a diverse set of companies since we began in 2002, and thrilled that many of these companies come back to us time and time again!

Aesop	Mecca Cosmetica
Arup	Mercer
Australian Services Union	Middletons
Australian Taxation Office	Melbourne Water
BatesSmart Architects	Moore Stephens
Bureau of Meteorology	Nellie Castan Gallery
Cadbury's	Orica
Carr Design	Parliament of Victoria
Covert Fashions	Pearson Australia Group
Deacons	Red Group Retail
Department of Education	Royal District Nursing Services
Department of Primary Industries	Save the Children Fund
Dibbs Abbott Stillman	SMS Consulting
Esanda	Specsavers Pty Ltd
EMC Australia	State Trustees
Federation Square	Telstra
Foxtel	Tenix Alliance
Freehills	Transport Accident Commission
Harcourt Education	Trinity College, University of Melbourne
Holding Redlich	Urbis
KPMG	Wiley-Blackwell Publishers
Macquarie Bank	

Client Testimonials

The yoga and Pilates classes provided by Studio Cirq were an immense success at Moore Stephens. The benefits to mind and body were noticeable after only a few sessions. Our instructors, Zoe Stark and Laurinda Croft were highly skilled, motivating and entertaining and we enjoyed the classes tremendously.

Studio Cirq were very accommodating to our corporate lifestyles and the rates charged for such quality instruction were extremely reasonable. I highly recommend Studio Cirq both for corporate and personal classes.

Shelley Patron, Moore Stephens

Studio Cirq has been providing Yoga classes at Parliament of Victoria for several years now. All our teachers have come with a wealth of knowledge and skill, delivering a class that students of all levels look forward to each week. I cannot recommend Studio Cirq highly enough - they are professional in every way.

Annie Federico - Parliament of Victoria

Our employees have really felt the benefit of beginning corporate yoga classes last year. Studio Cirq provides the highest quality of teaching in a warm, welcoming environment and at very reasonable rates. The classes relax, re-energise and bring together our staff - we are very happy customers!

Anna Featherstone - BatesSmart Architects

We are just loving our weekly dose of pilates! Having Amiee from Studio Cirq come to the gallery and fix our posture after a week of staring and slouching at a computer screen is excellent. We are definitely feeling stronger (important for carrying all those heavy paintings around) and more energised. Amiee is a great teacher – thanks!

Olivia Poloni - Nellie Castan Gallery

Over the past two years our company has developed a strong group of yoga devotees. Twice a week it's simply a matter of switching off the computer, changing clothes and going to our boardroom for an hour-long class provided by Studio Cirq.

Classes are well priced (the larger the group, the less we pay), and our teacher is amazing. She's gotten to know our individual needs and strengths, and guides us with humour and zest. By the end of the class, we're all feeling refreshed and have forgotten the stresses of the workday.

I highly recommend Studio Cirq's corporate classes. It's a great way to keep fit, sane and focused, and it fosters good relationships between colleagues"

Maria Kelty - Wiley Blackwell Publishing

Organising yoga classes for our employees with Studio Cirq has been seamless and easy. Feedback from class participants has been universally positive, with particular emphasis on the quality of the teaching and the friendliness of the teachers. For many it was their first experience of any kind of yoga. I would highly recommend Studio Cirq to any organization wanting to offer yoga or Pilates to their employees. They are professional in all that they do and a pleasure to work with.

Andrea Cranstoun, Arup, a leading global design and business consulting firm

Our pilates classes have been so popular that we are now in our sixth course. Many of us wanted to get out and exercise but found that having an office job with long hours makes it difficult to commit to after hours gym classes etc. The staff are extremely professional and friendly and completely accommodating to our needs. I would definitely recommend Studio Cirq to everyone.

Michelle Moore, KPMG

Zoe Stark from Studio Cirq has been teaching at Freehills for several years, since the inception of the firm's yoga program. Zoe is a very popular and talented instructor who makes the effort to ensure her classes are fun and challenging for all levels of students. It's great to be able to have yoga on-site, and at an affordable price.

Cristin Bailie, Freehills