



Dear Clients and Friends,

I would like to take this opportunity to say thank you so much for your support and dedication to *Postnatal and Beyond* and I sincerely hope that you have enjoyed training with me as much as I have with you.

I am writing to explain some exciting changes that are happening at Postnatal and Beyond. I will now be offering a membership to *Postnatal and Beyond*. This membership will include:

- access up to nine sessions per week
- an indoor space for cooler and wet weather
- Sunday Morning Running Club
- access to my private Postnatal and Beyond Facebook Group

Access to the *Postnatal and Beyond Facebook Group* includes valuable information on nutrition and self care, hormone health and relevant expertise for postnatal women and peri to post menopausal women. Members will also have the option to participate in live chats with guest speakers who will be sharing relevant knowledge and understanding across a range of topics.

I am offering the following session times and all members will have the option of participating in any or all of these sessions:

- Monday 6 am Group Training
- Monday 9 am Mums and Bubs Class
- Tuesday 6 pm Group Training **Online**
- Wednesday 9 am Postnatal Training **Online**
- Wednesday 6 pm Group Training
- Thursday 9 am Postnatal Training **Online**
- Thursday 6 pm Group Training
- Friday 9 am Mums and Bubs Class
- Saturday 7 am Group Training
- Sunday Morning Running Club 8 am

To ensure that I can continue to effectively offer my personal training services and po knowledge and information and for you to get the most out of the service I provide I will require all clients to sign up on a direct debit service through *Paychoice* and members will be debited on a fortnightly basis with the following two options:

- **\$35 per week** for access to all sessions and member benefits.

I will continue to offer *one-on-one* personal training which will now be **\$88 per hour**. *One-on-one online* personal training will now be **\$70 per hour**.

Over the next few weeks, I will be asking all existing clients to register with *Paychoice* and review the updated trading terms and conditions, making particular note of my



cancellation policy which will be presented to clients as a hardcopy. Unfortunately, I will no longer be offering casual sessions or Pay As You Go (PAYG).

Clients who currently have an existing *10 Session Pass* will be able to redeem any remaining sessions. However, if clients miss a session, there will be no **catch up sessions** available. Once the card is exhausted, clients will then need to sign up for direct debit with *Paychoice*.

I believe that the proposed changes offer considerable value to members while also allowing me to provide a better service to my clients. The new pricing structure includes adjustments to ensure that I can continue to operate *Postnatal and Beyond* and offer a range of services to my clients. The pricing structure reflects the ongoing operational costs of *Postnatal and Beyond* including increases in cost of living expenses, venue hire, and ongoing professional training and development to ensure that I have the latest and most relevant skills and knowledge to assist my clients

Once again, I thank you for your ongoing support of *Postnatal and Beyond* and if you have any questions or queries, please get in contact with me

Kind regards

Kylee Todd

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www.postnatalandbeyond.com