

A close-up photograph of pink cherry blossoms with yellow stamens, serving as the background for the text.

Pokeno BARRE Fitness – Information Evening

9th April 2025



Agenda

- Welcome & intro
- 8-week challenge information (starts 5th May 2025)
- Fitness Classes
- Ballet Classes
- Modern Theatre Classes
- Punchpass
- Exciting times ahead!
- Q&A
- Bookings
- Prizes
- Thank you!



Fall-to-Fab 8 Week Holistic Health Challenge

- Starts 5th May – no debit order until challenge starts
- End date 4th July 2025
- Grand Prize – ALL your fees paid back to you
- First 5 ladies receive \$20 discount on 1st week's fees (CHALLENGE20)
- Bring a friend & receive 2 x classes for free at the end of the challenge
- \$62.50 per week x 8 weeks



If you are not keen on the full 8-week challenge and would prefer to attend just the Online Sessions (coaching), Private Facebook Group and one-on-one check-ins, you can contact me on sam@barrefitness.co.nz and I will arrange that for you.

Cost \$30 per week x 8 weeks





Fitness Classes (Maximum 4 ladies per class)

- **BARRE-Fit**

Memberships (from 5th May)

\$20 One class per week

\$38 Two classes per week

\$54 Three classes per week

\$68 Four classes per week

(Pick n mix classes, minimum 3 months subscription, no refunds)

BARRE	Morning	Evening
Monday	9:30 & 12:00	-
Tuesday (Irregular)	-	18:00 & 19:15
Wednesday	9:30 & 12:00	-
Thursday	-	18:00 & 19:15
Friday	9:30 & 12:00	-



Fitness Classes (Maximum 4 ladies per class)

- *Yogilates (Core & restore)*

Memberships (from 5th May)

\$20 One class per week

\$38 Two classes per week

\$54 Three classes per week

\$68 Four classes per week

(Pick n mix classes, minimum 3 months subscription, no refunds)

Core & Restore	Morning	Evening
Monday	-	18:00
Tuesday	9:30 & 12:00	-
Wednesday	-	-
Thursday	9:30 & 12:00	-
Friday	-	-



Fitness Classes (Maximum 4 ladies per class)

- ***Mindful Movement***

Memberships (from 5th May)

\$20 One class per week

\$38 Two classes per week

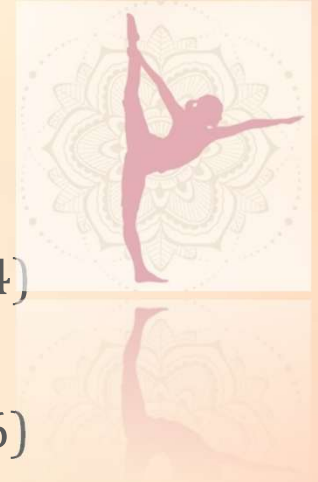
\$54 Three classes per week

\$68 Four classes per week

(Pick n mix classes, minimum 3 months subscription, no refunds)

Mindful Movement	Morning	Evening
Monday (irregular)	-	-
Tuesday	-	-
Wednesday (irregular)	-	19:00
Thursday	-	-
Friday	-	-

Dance Classes (ages 3.5 to 8) – Term 2 starts 28th April 2025



ISTD Ballet

- Mini Ballet (ages 3.5 to 4)
(Tuesdays at 15:45)
- Junior Ballet (ages 5 to 6)
(Thursdays at 16:30)
- Prima Ballet (ages 7 to 8)
(Thursdays at 17:15)

ISTD Modern Theatre

- Mini Modern (ages 3.5 to 4)
(Mondays at 15:45)
- Junior Modern (ages 5 to 6)
(Mondays at 16:30 & Wednesdays at 16:00)
- Zeva Modern (ages 7 to 8)
(Mondays at 17:15 & Wednesdays at 16:45)

\$120 per term

Pokeno BARRE Fitness <https://pokenobarrefitness.punchpass.com>

AllStars (Term2 starts 28th April 2025)

ISTD Ballet

Students & Parents will be emailed directly

- Junior AllStars Ballet (ages 4.5 to 5) *Exam Students

(Tuesdays at 16:30)

- Prima AllStars Ballet (ages 7 to 8)

(Tuesdays at 17:15)



\$120 per term

Pokeno BARRE Fitness <https://pokenobarrefitness.punchpass.com>

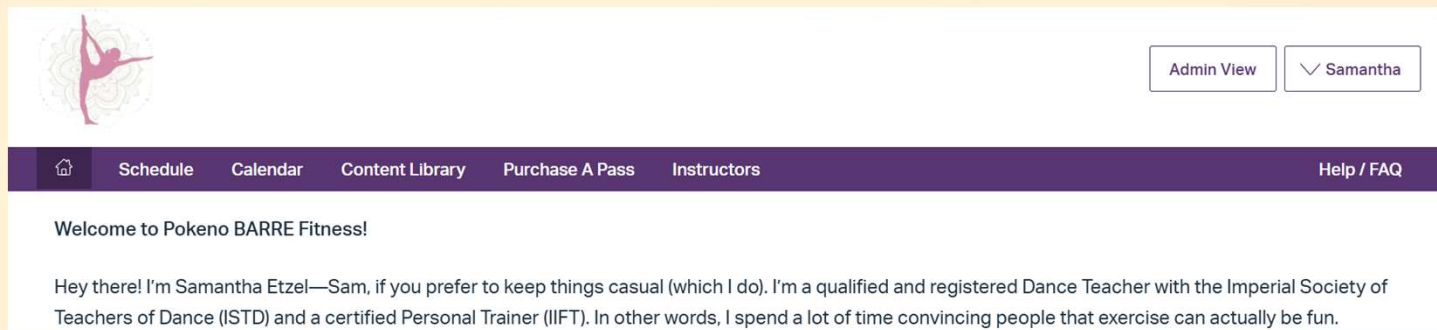


POKENO BARRE FITNESS

TIME	MON	TUE	WED	THU	FRI
9:30	BARRE-Fit	Core & Restore (Yogilates)	BARRE-Fit	Core & Restore (Yogilates)	BARRE-Fit
12:00	Core & Restore (Yogilates)	BARRE-Fit	Core & Restore (Yogilates)	BARRE-Fit	Core & Restore (Yogilates)
15:45	Mini Modern (3.5 to 4)	Mini Ballet (3.5 to 4)			
16:00			Junior Modern (5 to 6)		
16:30	Junior Modern (5 to 6)	Junior Ballet AllStars		Junior Ballet (5 to 6)	
16:45			Zeva Modern (7 to 8)		
17:15	Zeva Modern (7 to 8)	Prima Ballet AllStars		Prima Ballet (7 to 8)	
18:00	Core & Restore (Yogilates)	Time Blocked (Studies)		BARRE-Fit	
19:00		Time Blocked (Studies)	Mindful Movement		
19:15		Time Blocked (Studies)		BARRE-Fit	

Punchpass – Pokeno BARRE Fitness’ booking site

- This is the site that is used to book all classes (Fitness & Dance)
- The Home page is: [Punchpass.com Class Management for Fitness Studios](https://pokenobarrefitness.punchpass.com)



The screenshot shows the home page of the Punchpass booking site for Pokeno BARRE Fitness. At the top left is a logo featuring a pink silhouette of a person in a barre pose. To the right of the logo are two buttons: "Admin View" and a dropdown menu labeled "Samantha". Below this is a dark purple navigation bar with a home icon and links for "Schedule", "Calendar", "Content Library", "Purchase A Pass", "Instructors", and "Help / FAQ". The main content area has a white background and contains the following text:

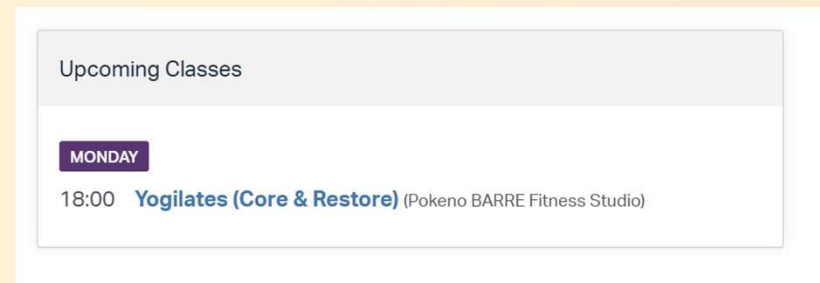
Welcome to Pokeno BARRE Fitness!

Hey there! I'm Samantha Etzel—Sam, if you prefer to keep things casual (which I do). I'm a qualified and registered Dance Teacher with the Imperial Society of Teachers of Dance (ISTD) and a certified Personal Trainer (IIFT). In other words, I spend a lot of time convincing people that exercise can actually be fun.

Pokeno BARRE Fitness <https://pokenobarrefitness.punchpass.com>

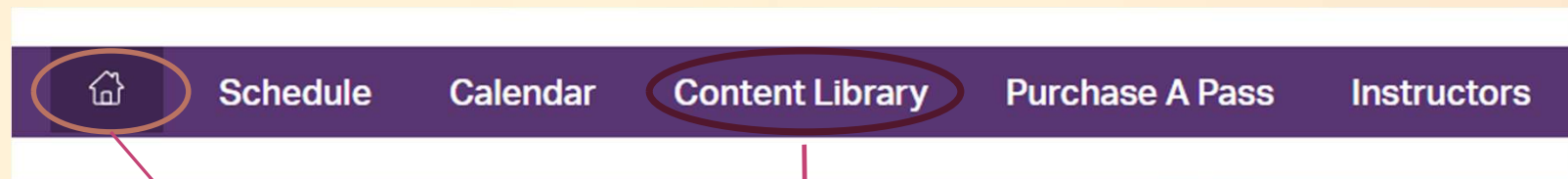
Punchpass continued...

- At the bottom of the home page, there is an option to click on the quick link to book the 8-week challenge
- There is also a tile showing upcoming classes
- Links and info will be updated on the home page periodically.



Punchpass continued

- The purple ribbon has your menu options



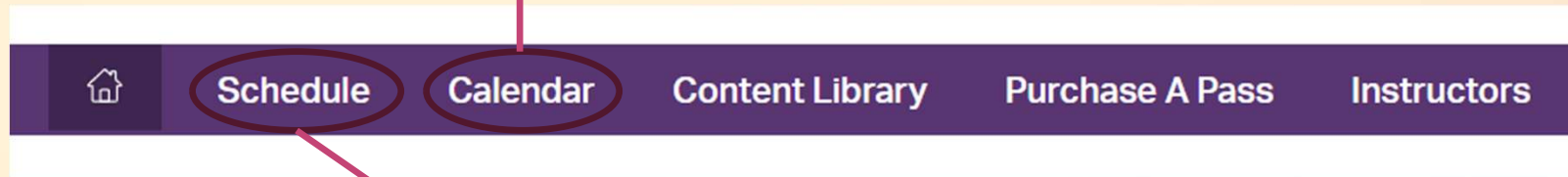
Home page

This page has class descriptions, interesting info, photographs & videos

Punchpass Continued...

14 Studio Closed	15 Studio Closed	16 Studio Closed	17 Studio Closed
21 Studio Closed	22 Studio Closed	23 Studio Closed	24 Studio Closed
28 15:45 Mini Modern - ages 3.5 to 4 (1/8) Pokemo BARRE Fitness Studio Samantha Etzel 30 minutes	29 15:45 Mini Ballet - ages 3.5 to 4 (1/8) Pokemo BARRE Fitness Studio Samantha Etzel 30 minutes	30 16:00 Junior Modern - ages 5 to 6 (1/9) Pokemo BARRE Fitness Studio Samantha Etzel 30 minutes	1 16:30 Junior Ballet - ages 5 to 6 (1/8) Pokemo BARRE Fitness Studio Samantha Etzel 30 minutes

The calendar page will give you a grid view of classes. You can click on any Class you wish to book. The calendar will also show notes – e.g. Studio closed



Welcome! This is your online account for Pokemo BARRE Fitness. Use the links above to navigate, and don't hesitate to contact us if you have any questions! Please bookmark this page in order to easily login again in the future.

Check out the "CONTENT LIBRARY" tab above for a detailed description of classes & up to date studio news. For a sneak preview of your instructor - click on the "INSTRUCTORS" tab above.

All classes ▾ Your Movement Sanctuary ▾ All Instructors ▾

APR 7 MON 18:00
Yogilates (Core & Restore)
45 minutes Pokemo BARRE Fitness Studio Samantha Etzel
2 SPOTS LEFT

The schedule is a list view of classes. You can book classes on this page as Well. You can filter classes via the "ALL CLASSES" drop down, eg: Ballet

Punchpass continued.... (memberships will be in place from 2nd May)

- Once you select on a class to book, the system will direct you to Purchase a Pass or membership in order to book & pay for the class.
- Current Passes:
 - Casual Pass \$25
 - 2 class bundle purchase \$40 (valid for 21 days only)
 - 4 class bundle purchase \$79 (valid for 4 weeks only)
 - 6 class bundle purchase \$114 (valid for 4 weeks only)
 - Ballet Term \$120
 - Modern Term \$120

Exciting Times Ahead



Pokeno BARRE Fitness <https://pokenobarrefitness.punchpass.com>

Q & A

Pokeno BARRE Fitness <https://pokenobarrefitness.punchpass.com>

*Sign up to the Challenge tonight & be
in the draw to win your challenge for
free:*

Purchase 8 Week Challenge (Fall-to-
Fab) - Start date 5th May 2025 for
Pokeno BARRE Fitness



**Ensure to use the
start date 5th May
2025 when making
the booking**



Thank you for joining me
Contact Details:
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021 339 879