

Adopt Your Class

I am not currently charging for classes, however if you do wish to support my classes financially, this is where that money is going. The total cost per live-stream class, if I run 260 classes in a year is \$8.00 (that's about 5 classes per week). This calculation is based on what it costs to keep me certified, insured, and streaming. I will give you a shout out during class, or you can be an anonymous benefactor. If you have a specific message (PG please), I will do your specific message at the start of class. To adopt your class for \$8.00 contact me at n.blackhall@gmail.com.

What is your money supporting?

YOUR MONEY GOES TOWARDS ONGOING EXPENSES WHICH DIRECTLY IMPACTS THE SUCCESSFUL DELIVERY AND QUALITY OF CLASSES. THIS INCLUDES MAINTAINING MY CERTIFICATIONS.

AFLCA (Group Exercise Specialist in Portable Equipment)

- What makes me qualified to teach fitness
<http://www.provincialfitnessunit.ca/about-afca/>

SOCAN

- Royalties for music that I use for classes, this is from copyright laws and to support artists
<http://www.socan.com/>

Music Purchases/Subscriptions

- Artists deserve to be paid for the work they do, some of your money goes to purchasing new music for classes and to maintain subscription services for music in class

Professional Development

- Courses to improve my instruction
- New Certifications and maintenance of others like:
<https://kmotion.ca/bassburn>
<https://www.citraining.com/>

First Aid and CPR training

- First Aid - every three years

- CPR - every year (required for my fitness cert)
<https://www.lifesaving.org/>

Equipment

- EX: Stereo and tech costs

Zoom

- Paid version to optimize participant satisfaction

Future business Licensing

- will pursue if participants wish to continue taking virtually streamed fitness classes throughout the year

Future website

- a website to get class info and schedule, know a little bit more about me & my quals with the possibility for donations and required forms

What your money doesn't support:

IN ORDER TO KEEP THE COST OF CLASSES LOW DURING COVID-19, I AM NOT USING PAY WHAT YOU CAN FOR :

Instructional time

- prep & planning for classes
- time spent teaching classes

Administrative time

- time spent organizing and obtaining documents
- scheduling classes/documents
- communication with participants