



Services and Rates

Initial Fitness Consultation &

Program Development (8 sessions)

\$700.00

Includes: Fitness Assessment, Complete Fitness Program-Cardiovascular, Strength & Flexibility

Initial Nutrition Consultation &

Program Development (4 meetings with trainer)\$500.00

Includes: Body Gem, Nutrition Assessment & Personalized Nutrition Program

Fitness Assessment & Body Gem Metabolism Test with pkg.

\$150.00/ \$75

12-week Competition Preparation (12 sessions)

\$1500.00

Includes: Training Program, Nutrition Plan, Posing and Show Prep

PACKAGES

All packages must be paid for in full at the time of sign-up. Packages are non-transferable and **must be used within 6 months of the date purchased.** Sharing a package is a possibility, but details must be worked out on an individual basis.

NOTE: All new clients must purchase an Initial Fitness Consultation and Program Development before purchasing a package or one-on-one training sessions. Exception: Pilates or Yoga one-on-one sessions may be purchased without an Initial Consultation & Program Development.

PLEASE NOTE: 24-hour cancellation policy enforced on all sessions.

Personal Fitness & One-on-one Pilates Training Packages

Please note we hold the right to schedule more than one client per appt timeslot. If you would like to schedule exclusively one-on-one training, sessions will be charged out at \$75/session and packages may be purchased for any quantity of sessions at that rate

Single session or Exclusive One-on-One pkgs.

\$75/session

Strength Training Package 10 sessions

\$390

Pilates One-on-one Training Package 10 sessions

\$500

FITNESS/CORE & YOGA CLASSES

\$150/10-punch card/ \$20 drop-in session

Thai Yoga Bodywork & Reiki Energy Work (75min) \$95

This is an ancient and sacred healing treatment that integrates Yoga & Ayurveda. Combining assisted yoga poses, rhythmic massage, acupressure and energy work. It helps receiver to release blocked areas and stimulates the flow of healing energies within the mind, body and spirit. Reiki (pronounced "Ray-Key") is a gentle yet powerful, "hands-on" healing technique, originating back to ancient Japan. The practitioner's hands are placed along specific energy centers on the body. The client may remain fully clothed and will be lying on a futon during the session. Essential oils and gemstones will be used to enhance the experience. Some benefits include: stress reduction, relaxation, and a sense of being centered, balanced and focused.

Detox Body Wrap (90min)

\$95

During this warm, luxurious, pampering 90 minute treatment M'lis Body Contour cream will be applied to the bare skin (legs, torso and arms). The practitioner will then wrap the body with a cellophane material and cover the client with blankets. While the body is "baking" the practitioner will perform a mini massage for the face, hands, and feet. The special M'lis formula used will help increase the lymphatic and the circulatory systems, promoting detoxification of the body tissues. Some benefits include: Inch loss and diminishing of cellulite through detoxifying body cleansing.

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Certified Personal

Trainer

AAHFP Post Rehab

Specialist

YogaFit and NDEITA

Certified Instructor

Yoga Alliance-RYT 500

Thai Yoga Body worker

PHI Pilates Instructor

New Rates

effective:

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