

PERSONAL TRAINING, PILATES & YOGA Monthly Programs

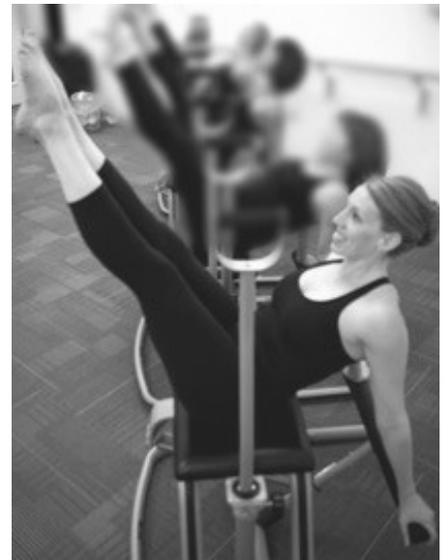


Personal Training

Get motivation and professional guidance from our certified personal training staff. Whether you have been working out for years or are new to exercise, our trainers provide inspiration and expert instruction to help you achieve your personal goals and see results faster.

Pilates Reformer

Pilates is a form of strength, flexibility, and stability training for participants at any fitness level. This highly effective, no impact exercise method, focuses on core muscles which provide support and power the entire body. Pilates will chisel and lengthen the body, while developing muscle control and improving flexibility.



Private Yoga

Personal Yoga Sessions are the best way to work towards your goals and learn how to be safe and challenged in every yoga pose and every yoga class. Whether you are looking to learn the basics, deepen your practice, work with an injury or condition, or just have more hands on assistance - we are here to guide you on your yoga path and help you transform on and off the yoga mat.





PERSONAL TRAINING, PILATES & YOGA Monthly Programs

Easy and Affordable Monthly Plans

One-on-One Programs

30 Minute

60 Minute

Month to Month

\$45/Session

\$75/Session

3 Month Commitment (then month to month until cancelled)

\$40/Session

\$70/Session

Duet Programs

30 Minute

60 Minute

Month to Month

\$30/Session

\$45/Session

3 Month Commitment (then month to month until cancelled)

\$27/Session

\$40/Session

- Monthly programs are processed through our auto-pay system using a credit card or checking account. The 3 month program continues after the initial term on a month to month basis until member gives a 15 day written notice. The 3 month commitment is based on a one session per week minimum.
- Unused training sessions roll over & are available for use 6 months from purchase date as long as you have a valid membership.
- Non-Members add \$5 per session.
- Small Group and Team Training available. Please see schedule for details.

Taste of Training - Introductory Training Program

5 Individual, 30-Minute Training Sessions
Only -\$199

- Offer available for new clients only.
- Sessions must be completed within 6 months of purchase date.

