



Service Menu

Personal Training (55 Minutes):

Private: \$70, Duet: \$85, Trio: \$95, Small Group: \$100

Pilates (55 Minutes):

Private: \$70, Duet: \$85, Trio: \$95, Small Group: \$100

Massage/Stretching:

Full Hour: \$75, Hour and a Half: \$110

On Location:

+\$15 to each service if within 2 miles of the Studio

+\$20 to each service is greater than 2 miles

Client Loyalty Reward:

Each client receives a Gift Certificate valued at \$70 for every 10 services purchased