



Private Fitness Sessions

Personal Training:

This appointment is designed to create first time exercise programs or to modify your existing one. Let our specialists teach you how to maximize your efficiency in the gym. All fitness levels are welcome.

50 min. session / \$75

Yoga and Mat Pilates:

Work one-on-one or in a private group with our certified professionals to design a program that is based on your own individual goals. All levels of experience are welcome.

Private Session: 50 min. Yoga / \$75

Semi-Private: Group of 2-3, 50 min. / \$50 per person

Group of 4-6, 50 min. / \$40 per person

Tai Chi/Qi Gong:

This Chinese health practice involves breathing and movement exercises to benefit your life-energy and well-being.

Private Session: 50 min. / \$95

Semi-Private: Group of 2-3, 50 min. / \$75 per person

Group of 4-6, 50 min. / \$65 per person

Meditation:

Imagery and breathing are used to harmonize balance between body, mind and spirit. Private Session: 50 min. / \$85

Semi-Private: Group of 2-3, 50 min. / \$65 per person

Group of 4-6, 50 min. / \$55 per person

Pilates Method: is a form of physical exercise done on a Pilates Reformer that emphasizes the balanced development of the body through core strength, flexibility and body awareness. Together we will emphasize on proper breathing, correct spinal and pelvic alignment and concentrate on smooth, flowing movement.

Pilates Reformer Private	\$75
Series of 10 Private	\$550
Series of 5 Private	\$300
Pilates Reformer Duo	\$55 pp
Duo Reformer Series of 10	\$350pp
Duo Reformer Series of 5	\$200pp