

Studio Pricing!

BALANCED
BODIES
Nutrition



Baby By Bungee
Fly'ng your way to fit.



Fitness - Nutrition - Results
**BARBELLS
FITNESS**



BUNGEE FITNESS CLASS PRICING

BUNGEE 101

This is where you start your bungee journey, all first-time guests must take this class

Our Bungee 101 class is where you'll learn bungee fitness fundamentals while getting a killer full-body workout!

35 MINUTES
\$30

BURN BY BUNGEE

We've taken the fundamental moves and leveled up! With several fun moves, this workout will bump up your heart rate and BURN those calories!

35 MINUTES
\$30

BUILD WITH BUNGEE

Take your bungee fitness to the next level and let's BUILD those muscles! It's time to grab the weights and get to work!

Will be using light weights in this class

35 MINUTES
\$30

BUNGEE BOOMERS

Boomers... it's time to get your bungee on! Are you 65+ and thriving? This class is for YOU!

This is a low-impact, low-intensity bungee workout. Bungee helps with your stability when exercising!

30 MINUTES
\$25

BUDDY BUNGEE

BY APPOINTMENT ONLY: Guest has to call and schedule
Keep your "buddies" on track with "Buddy Bungee". Your personalized 1:1 Bungee session designed specifically for you and your "buddies" fitness needs!
MINIMUM OF 6 GUESTS, CAN BOOK UP TO 10

CONTACT US FOR INFORMATION!

1:1 BUNGEE

**BY APPOINTMENT ONLY: Guest has to call and schedule.*
This is your private 1:1 Bungee Session to work with a coach to achieve your health goals!

CONTACT US FOR INFORMATION!

BUNGEE FITNESS PACKAGES

BUY 3, SAVE \$15

This package will include 3, 35-Minute Bungee Classes of your choice. Save \$15!

**CONTACT US
FOR PRICING**

BUY 5, GET ONE!

This package will include 5, 35-Minute Bungee Classes of your choice!
You will also receive one FREE bungee class!

**CONTACT US
FOR PRICING**

PACKAGES EXPIRE 6 MONTHS AFTER DATE OF PURCHASE

PERSONAL TRAINING PRICING

30 MINUTE SESSION

Free Fitness Consultation

Experience the ultimate personalized 30-minute training session with an Expert Coach who will design a training program specifically for you and your goals!

**30 MINUTES
CONTACT US
FOR PRICING**

60 MINUTE SESSION

Free Fitness Consultation

Experience the ultimate personalized 60-minute training session with an Expert Coach who will design a training program specifically for you and your goals!

**60 MINUTES
CONTACT US
FOR PRICING**

NUTRITION COACHING PRICING

MONTH TO MONTH NUTRITION COACHING

This is your 1:1 approach to become the healthiest version of yourself mentally, physically and internally. You will work closely with your Coach to create a healthy and sustainable lifestyle through nutrition. We offer a Macro-Based Nutrition approach in order to live a balanced and flexible life.

What's included?

- Personalized Nutrition Protocols
- Weekly Check Ins with your Coach to discuss biofeedback (internal, physical and mental health) and make adjustments as needed for optimal results
- A handbook which will guide and educate you about nutrition
- Access to our Private Team Facebook Group
- Access to our Community
- Results that LAST. You will look good AND feel good!

CONTACT US FOR PRICING