

~Individual Training~

Single Session - 1 hour.....\$65
 5 pack - 1 hour.....\$315
 10 pack - 1 hour.....\$550
 20 pack - 1 hour.....\$1000

Single Session - 45min.....\$55
 5 pack - 45 min..... \$250
 10 pack - 45min.....\$450
 20 pack - 45min.....\$800

Single Session - 30min.....\$40
 5 pack - 30 min.....\$175
 10 pack - 30min.....\$350
 20 pack - 30min.....\$600

*Group training (groups of 2/3/4) also available. See front desk for details

~Fitness 101~

If you are looking to start an exercise program that is designed specifically for YOU, then Fitness 101 has you covered.

This beginner's guide to starting a training routine will teach you the basics of exercise. You will meet one-on-one with a certified personal trainer for 6 weeks, using a safe and effective training program that will put you on the right track to reaching your fitness goals.

12 (30 min) Sessions.....\$375

~Stretch Therapy~

Stretch Therapy is a comprehensive system that includes stretching, fascial remodeling, strengthening, and relaxation. We use a number of techniques to improve the Range of Motion of the body, fascia and, muscles. Inactive muscles are made active; knees, shoulders, and elbows are stabilized; posture and alignment are made more efficient. Stretch Therapy elements enable anyone to improve flexibility, perform ordinary and extraordinary tasks with greater ease and better performance.

30 min\$35
 60 min..... \$60

~Pilates~

This famous mental and physical conditioning system uses Stott's equipment that is designed specifically to strengthen and stretch the whole physique. It builds core strength, increases flexibility, improves posture, coordination, and promotes a healthy, focused mind.

Single Session - 1 hour\$65
 5 pack - 1 hour.....\$315
 10 pack - 1 hour.....\$600

Pilates continued:

~Group Training~

Duet Session - 1 hour.....\$80
 Duet 10 pack - 1 hour.....\$750

~Fitness Classes~

We offer a wide variety of exercise classes that fit the needs and abilities of all! Our certified group class instructors will lead you through the one hour workout ensuring that you are performing exercises safely and with proper form. Pick up a schedule at our front desk or sign up for classes before they get filled!

Single Class.....\$12
 8 Classes.....\$80
 (No expiration)
 36 Classes.....\$250
 (No expiration)

Staffed Hours:

M/W/F: 8:30 am - 7:00 pm

Tue/Thu/Sat: 8:30 am - 5:00 pm

Sun: 11:00 am - 3:00 pm