

## BASE PRICING

<b>1 ON 1 1 HR FITNESS SESSION</b>	<b>\$50</b>
<b>1 ON 1 30 MIN FITNESS SESSION</b>	<b>\$30</b>
<b>GROUP 1 HR FITNESS SESSION</b>	<b>\$35</b>
<b>GROUP 30 MIN FITNESS SESSION</b>	<b>\$30</b>
<b>1 ON 1 PERFORMANCE SESSION</b>	<b>\$60</b>
<b>GROUP PERFORMANCE SESSION</b>	<b>\$40</b>
<b>1 ON 1 INJURY SPECIFIC SESSION</b>	<b>\$55</b>
<b>NUTRITION CONSULTATION</b>	<b>\$40</b>
<b>BODY COMPOSITION &amp; FITNESS ASSESSMENT</b>	<b>\$30</b>
<b>GROUP RECOVERY CLASS</b>	<b>\$20</b>

\*PACKAGING IS AVAILABLE FOR EACH ITEM\*