



RCPT Fitness & Wellness Inc.  
Live Well, Be Strong!

## Fitness & Sports Services

### Fitness Assessment

Whether it is a first time experience of working with a personal trainer, an introduction to the gym, or simply an assessment of your current status, we will pair you with one of our accredited and nationally certified personal trainers, to fully assess your physical capabilities and recommend a plan of action for achieving your goals.

Assessment.....\$90

\*All assessments are performed as a 1-on-1 session

### Advanced Personal Training

If you are needing to quickly get rid of that extra belly fat, recover from an Injury, relieve consistent pain, have better posture, or move freely within your own body, we will pair you with one of our multi-faceted, Master Trainers, to quickly get you into a body you not only love to look at, but love to move.

1-on-1.....\$110

Duet.....\$83/pp

### Swim Lessons

Our talented swim instructors will teach you how to float, swim specific drills, the proper techniques, and strokes to have you swimming like a fish in the water.

30min.....\$45/pp

45min.....\$65/pp

60min.....\$85/pp



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## Mind/Body and Specialty Services

### Nutrition Sessions

Food is our fuel for life. Optimize your quality of life, prevent disease, increase your energy and endurance or focus on pre or postnatal nutrition. Our nutrition professionals will help you create a plan for you achieve the results your desired results.

1-on-1 (online/live).....\$85/\$100

Follow-up (online/live).....\$60/\$85

### Pilates Sessions

Pilates is focused on concentrated and precise movements resulting in the formation of lean muscles, a strong core & back, and improved flexibility. In working with one of our certified instructors, you will receive specially designed Pilates exercises for your preference of machines, including a Cadillac, reformers, wunda chairs, and Pilates mat.

1-on-1.....\$100

Duet.....\$75/pp

Trio... \$45/pp

### Yoga Sessions

Yoga allows you to unite your body and and through the utilization of physical postures and breathing exercises. These modalities allow the participant to reduce stress while simultaneously increasing strength and flexibility. Our highly experienced instructors can work with you through your favorite style or a combination of styles in order to yield a wonderful stress free experience.

1-on-1.....\$100

Duet.....\$75/pp

Trio... \$45/pp

### Premium Group Classes

Sometimes it takes a little teamwork to achieve greatness. With our small group instruction classes you can work, sweat, motivate and relax with a minium of 4 and maximum of 10 participants. Forming comradery has never been easier.

Premium Group Participant.....\$25/pp or \$100/pp/5classes