



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.....\$120

*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.....\$120

Duet.....\$87/pp

Comprehensive Fitness Programs

One of our fitness professionals will analyze your goals and movement capabilities to design a comprehensive 6 week fitness that allows you to take another leap forward in achieving your fitness dream. This service includes a 1-on-1 session as well as detailed workouts with pictures included.

Complete program.....\$150

Additional/Supplemental workouts..... \$100/hr (avg 30min/workout)

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.

ADULTS:

30min.....\$47/pp

45min.....\$68/pp

60min.....\$89/pp

Duet.....25% off base price

Group(60min)...\$47/pp

CHILDREN:

30min.....\$42/pp

45min.....\$63/pp

60min.....\$84/pp

Duet.....25% off base price

Group(30min)...30/pp



Mind/Body and Specialty Services

Holistic Lifestyle Coaching

Are you having trouble finding balance in attempting to live a healthy lifestyle? The answer is not always as simple as “exercise more” or “eat more salad!” Our holistic lifestyle coaches will sit with you to analyze your current habits and create a plan of action to help you achieve the success you deserve.

Initial Consultation(60min).....\$150

Follow-up(30min)....\$80

Feldenkrais

Aims in helping a person to move with minimum effort and maximum efficiency, not through muscular effort, but through increased consciousness of how movement works.

1-0n-1.....\$150

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.

Initial Consultation.....\$100

Follow-up\$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.....\$105

Duet.....\$79/pp

Trio... \$47/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.....\$79/pp

Trio... \$47/pp