



Wellness Services

Personal Pilates/Yoga/Spinning/Meditation/Cardio Blast/Tai Chi Chuan:

30 or 60 minute personalized sessions with a certified instructor available by appointment.

30 min -	\$55
60 min -	\$100
60 min. duet session -	\$120
60 min. private group session (3 or more people)	\$150

Personal Training:

This 60 minute session is designed to motivate you while assisting you in achieving your physical fitness goals.

1 Session -	\$85
3 Sessions -	\$240
5 Sessions -	\$380
10 Sessions -	\$720
20 Sessions -	\$1400
Duet Session -	\$120

Equipment Orientation:

30 minute complimentary session available upon appointment by one of our fitness professionals. This one on one session familiarizes guests to the fitness center's cardiovascular and strength training equipment. *For members only.*

Comprehensive Fitness Evaluation and Personal Training Package:

This 90 minute session measures resting heart rate, blood pressure baseline, body mass index, weight and body fat, flexibility and strength and cardiovascular endurance to identify strengths and weaknesses. Designed to monitor progress and assist in the development of a fitness program. This may be of particular interest to those who are interested in monitoring fat loss or tracking muscle development. Personal Training to be done at a later date following the evaluation with a personalized fitness routine ready for client based on the results of their evaluation.

\$210