



Custom fit

Membership Services Menu

Fitness Coaching (including Training, Pilates, and M.E.L.T.)

~ Working with a certified professional adds accountability and focus to your workouts.
Your sessions are fun, effective, and goal oriented ~

Private Training

1 session per wk: \$250/month
2 sessions per wk \$375/month
3 sessions per wk \$500/month

Private one on one sessions
with your trainer.

Semi-Private Training

1 session per wk: \$120/month
2 sessions per wk \$220/month
3 sessions per wk \$320/month

Sessions with two members.
Each member is coached and
encouraged through their own
personalized workout. Price
listed is per person.

Group Training

1 session per wk: \$80/mo.
2 sessions per wk: \$140mo.

Get your friends together
and create your own
training group of 3 to 4
people, or we'll help create a
group for you. Group
training members do a fun
and well supported work out
together. Price listed is per
person.

Private Lifestyle Action Planning Course

\$195 - 5 session course

The course includes an initial
assessment, personal planning
& accountability work. To
achieve success, you need to
change your lifestyle, let us
assist you in making the right
changes, to change your life

Group M.E.L.T. Class Cards

M.E.L.T.

4 Sessions: \$56
8 Sessions: \$108
10 Sessions: \$120
20 Sessions: \$200

Sessions must be redeemed with 2
months of purchase
\$15 drop in fee

Training and Lifestyle members are invited to attend 2 group exercise sessions per week
Your coach will help you determine which classes will be most effective for your success

A La Carte Services

Monthly Workshops

Group Exercise Only Membership

\$65 Class Card
8 group exercise
sessions
To be used within 2

Single Group Exercise Class

\$10 per class

Wellness workshops and
Guest Instructors to
enhance your health and
fitness experience.

For a complete list of
workshop times and dates
see the website or call

If you do not see what you are looking for, let us custom design a program for you!