

PERSONAL TRAINING

-Master Trainer-

60 minutes

1 Session	\$100
5 Sessions	\$450
10 Sessions	\$800
20 Sessions	\$1400

90 minutes

1 Session	\$150
5 Sessions	\$450
10 Sessions	\$1200
20 Sessions	\$2100

-Specialized Trainer-

60 minutes

1 Session	\$80
5 Sessions	\$375
10 Sessions	\$700
20 Sessions	\$1300

PILATES (55 minute sessions)

Private sessions

1 Session	\$85
5 Sessions	\$400
10 Sessions	\$750
20 Sessions	\$1350

Duets

1 Session	\$110
5 Sessions	\$500
10 Sessions	\$900
20 Sessions	\$1700

MASSAGE

60 Minutes	\$75
75 Minutes	\$95
90 Minutes	\$105
120 Minutes	\$140

HOLISTIC HEALTH/NUTRITION COACHING

1 MONTH \$300

2 SESSIONS

Includes Metabolic Typing Test, Lifestyle Assessment, and Health History, Sample Menu Plan, and a strategy for long-lasting wellness.

3 MONTHS \$1000

6 SESSIONS

Includes Metabolic Typing Test, Lifestyle Assessment, and Health History, home kitchen assessment, local health food store tour, books, recipes, food preparation guides, and other aids to support you on your way to wellness.

6 MONTHS \$1800

12 SESSIONS

Includes Metabolic Typing Test, Lifestyle assessment, and Health History, Complete Detox program, home kitchen assessment, local health food store and restaurant visit, books, recipes and more.