



2011 List of Services

** Prices subject to change without notification*

CORE Private Training	Total	Person/Session	Session
Intro to CORE (Includes Postural Analysis)	\$99	\$49.50	2
Single Private Session	\$65	\$65	1
4 Session Private Package	\$240	\$60	4
8 Session Private Package	\$456	\$57	8
12 Session Private Package	\$660	\$55	12
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Single Duet Session	\$80	\$40	1
4 Session Package Duet	\$288	\$36	4
8 Session Package Duet	\$544	\$34	8
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Single Trio Session	\$105	\$35	1
4 Session Package Trio	\$384	\$32	4
8 Session Package Trio	\$720	\$30	8
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Small Group Training (SGT)	Total	Person/Session	Session
Equipment-Based Single Session	\$25	\$25	1
Equipment-Based 8- Pack	\$175	\$21.87	8
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Mat-Based Single Session	\$15	\$15	1
Mat- Based 8- Pack	\$100	\$12.50	8
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Private Yoga Small Group Training (4-6 people)	\$75	Sliding scale per session	
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SGT Unlimited Monthly Package (* includes both Equipment-Based & Mat-Based sessions)	\$199	Private Training or Massage sessions are available @ \$60 each.	
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Massage	Total	Person/Session	Session
60- Minute Session	\$65	\$65	1
4-Pack 60 Massage	\$240	\$60	4
90-Minute Session	\$90	\$90	1
4-Pack 90 Massage	\$340	\$85	4
Massage Fusion (½ hr Private yoga & 1 hr Full Body Massage)	\$100	\$100	1