



Beginner-Advanced Mat Classes
 Suitable for all levels of fitness and all ages utilizing Mat and Apparatus. Learn how to target and strengthen your abdominals, together with improve posture, muscle tone and flexibility as you work towards entering Reformer & Studio Equipment. Small groups of 8-10 clients

Beginner-Advanced Mat Classes
 1 hour sessions

Single Session \$22.00
 Block 10 sessions \$180.00
 Block 20 sessions \$340.00
 Block 30 sessions \$480.00
 Arrange your own Private group for \$70.00 per hour



Group Allegro Reformer Classes
 Add challenge and variety to your workouts by adding resistance with Reformer. Reformers unique Cable Pulley system will strengthen, tone and stretch every muscle of your body and is the next level up from mat. Small groups of 8-10 clients.

Group Allegro Reformer Classes
 1 hour sessions

Single Session \$22.00
 Block 10 sessions \$180.00
 Block 20 sessions \$340.00
 Block 30 sessions \$480.00
 Arrange your own Private group for \$70.00 per hour



Private or Semi Private Studio Equipment
 If you are interested in getting in shape for a particular event or even wishing to see results early, then these sessions are for you.

Private or Semi Private Studio Equipment
 One hour & ½ hour sessions avail

Single Session \$70.00 per hour
 Single Session \$40.00 ½ hour



Achieve your personal health & fitness goals with a program tailored to you, combining all Studio Equipment including Reformer, Magic Circle, Trapeze Table (below), Wunda Chair, Apparatus and more.

1 hour block passes
 Block 10 sessions \$65.00 ea
 Block 20 sessions \$63.00 ea
 Block 30 sessions \$60.00 ea

½ hour block passes
 Block 10 sessions \$36.00 ea
 Block 20 sessions \$34.00ea
 Block 30 sessions \$33.00 ea
Receive free session passes into Group Classes.

Private One on One or Semi Private of 4-6 clients.



Gravity Group Personal Training
 Total body workout in 30 minutes. Over 250 exercises, capable of improving muscle tone, strength and fitness with its unique cable pulley system.

Gravity Group Personal Training
 ½ hour sessions
 Single Session \$22.00
 Block 10 sessions \$180.00
 Block 20 sessions \$340.00
 Block 30 sessions \$480.00
 Arrange your own Private group for \$40.00 per hour