



GROUP EXERCISE CLASSES

PACKAGES

3 months	\$ 260
6 months	\$ 500
1 year	\$ 910

CASUAL

10 pack	\$ 100
20 pack	\$ 190
Casual	\$ 12

PERSONAL TRAINING

DURATION	SINGLE	5 PACK	10 PACK	LONG TERM
30min	\$ 42	\$ 200	\$ 380	\$36.50
45min	\$ 52	\$ 250	\$ 480	\$46.50
1 hour	\$ 60	\$290	\$580	\$56.50

GROUP PERSONAL TRAINING

DURATION	SINGLE SESSION	4 PACK	10 PACK	LONG TERM
1 hour	\$80	\$300	\$700	\$65

ANALISIS & PRESCRIPTION

Health & fitness analysis	\$ 60
Program prescription	\$ 60
Multiple fitness Program per week (each program after 1 st prescription)	\$ 8
Nutrition advice & healthy menu prescription	\$60
Multiple healthy eating plan per week (each program after 1 st prescription)	\$8