



www.holisticbodyworx.ca 905-277-1010

Group Classes

Please Note: All group class packages entitle you to do any of our group classes listed on the schedule: Includes All Pilates classes, All Yoga classes, Fusion
(Please exclude group weight training which is a sign up class with different pricing).

All Classes including Pilates, Yoga, Body Sculpt

Introductory 1 Month Unlimited - \$69.99

Drop In - \$23

First Drop in - \$16

5 Classes - \$85 - (\$17.00 per class)

10 Classes - \$165- (\$16.00per class)

20 Classes - \$275.00 - (\$13.75 per class)

30 Classes - \$375.00 - (\$12.50 per class)

40 Classes - \$475 (\$10.75per class)

One Month Unlimited - \$175.00 - (\$11 per class based on 4 class x wk.)

Three Months Unlimited - \$370.00 - (\$7.50 per class based on 4 class x wk.)

6 Months Unlimited - \$650.00 - (\$6.75per class based on 4 class x wk.)

One Year Unlimited - \$1200.00 - (\$6.75 per class based on 4 class x wk.)

One Year Monthly Membership - \$110.00 on your Visa or MC.

First and last month's payment is due upon sign up. (\$6.87 per class based on 4 class x wk.)

Yoga Only Classes

10 Classes - \$130 (\$12.50 per class)

20 Classes - \$210 (\$10.50 per class)

30 Classes - \$295 (\$9.50 per class)

Three Months Unlimited - \$300.00 (\$6.04 per class based on 4 class x wk.)

Six Months Unlimited - \$545.00 (\$5.52 per class based on 4 class x wk.)

1 year Unlimited - \$1000 (\$5.20per class based on 4 class x wk.)

One Year Monthly Membership - \$95.00 on your Visa or MC.

First and last month's payment is due upon sign up. (\$6.00per class based on 4 class x wk.)

<p>Personal Training, Pilates & Yoga Privates At Studio 1 hour session - \$ 75 5 – 1 hour sessions - \$350(\$70.00per session) 10 – 1 hour sessions - \$680(\$68.00 per session) 20 – 1 hour sessions - \$1300 (\$65.00per session)</p>		<p>Life & nutrition coaching</p> <p>1Hour private sessions--- \$70</p> <p>10 --- 1 hour sessions \$650</p> <p>12 --- 1Hour sessions \$720</p> <p>Nutrition Coaching</p> <p>1Hour Private session \$65</p> <p>1hour intake plus5 --- 1\2 hour sessions --\$240</p> <p>1 hour intake plus 10 -1/2hour sessions --\$400</p> <p>Wellness packages</p> <p>Thai yoga Massage,Reflexology.,Reiki</p> <p>1hour session-\$75 1.5 hour session -\$100 3-1hour sessions \$210</p>
<p>Semi Private Training & Small Group Personal Training Semi Private Training (price per person) 1 hour sessions - \$50 5- 1 hour sessions - \$225(\$45per session) 10 – 1 hour Sessions - \$430 (\$43per session) 20 – 1 hour sessions - \$800(\$40per session)</p> <p>Small group personal training (up to 3 people)</p> <p>10 – 1 hour sessions - \$350(\$35 per session) 20 – 1 hour sessions - \$600 (\$30per session)</p>		

Please add H.S.T. to above prices except where noted.