



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 - \$60.00

Drop In - \$19 (includes HST)

First Drop in - \$12

5 Classes - \$85.00 - (\$17.00 per class)

10 Classes - \$150.00 -- \$14.50 per class)

20 Classes - \$265.00 - \$13 per class)

30 Classes - \$350.00 - \$11.17 per class)

One Month Unlimited - \$150.00 - (\$9.06 per class based on 4 class x wk.)

Three Months Unlimited - \$375.00 - (\$7.81 per class based on 4 class x wk.)

6 Months Unlimited - \$625.00 - (\$6.35 per class based on 4 class x wk.)

One Year Unlimited - \$1100.00 - (\$5.42 per 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. (\$5.75 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 - \$895.00 (\$4.56 per class based on 4 class x wk.)

One Year Monthly Membership - \$79.00 on your Visa or MC.

First and last month's payment is due upon sign up. (\$4.69 per class based on 4 class x wk.)

*** Class passes expire one year after purchase.**

* All prices exclude taxes except where noted. *All purchases are non-refundable and non-transferable.

Personal Training, Pilates & Yoga Privates

At Studio

1 hour session - \$ 75

5 – 1 hour sessions - \$350.00 (\$70.00per session)

10 – 1 hour sessions - \$680.00 (\$68.00 per session)

20 – 1 hour sessions - \$1300.00(\$65.00per session)

At home

1 hour session - \$ 91

5 – 1 hour sessions - \$420 (\$84 per session)

10 – 1 hour sessions - \$810 (\$81 per session)

20 - 1 hour sessions - \$1560 (\$78 per session)

Semi Private Training & Small Group Personal Training

Semi Private Training

(price per person)

1 hour sessions - \$50

5- 1 hour sessions -\$225 (\$45 per session)

10 – 1 hour Sessions - \$430 (\$43 per session)

20 – 1 hour sessions - \$800 (\$40per session)

Small Group Personal Training (Up to 3 People)

10 – 1 hour sessions - \$350(\$35 per session)

20 – 1 hour sessions - \$600 (\$30 per session)

Please Note: Small Group personal training classes must be used in succession. There is one make up class for each 10 sessions purchased.

Thai Yoga Massage, Reflexology, Reiki

1 hour session - \$65

1.5 hour session - \$93

3 - 1 hour sessions - \$186

3 - 1.5 hour sessions - \$270

Life & Nutrition Coaching

Life Coaching

1 Hour private Session—\$70.00

10—1 Hour Sessions—\$650.00

12—1 Hour Sessions—\$720.00

Nutrition Coaching

1 Hour private Session \$65

1 hour intake - plus 5 - 1/2 hour sessions—\$240

1 hour intake - plus 10 - 1/2 hour sessions—\$400

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