

PILATES YOGA WELLNESS

holistic

BODY WORX

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 a sign up class with different pricing is).

All Classes including Pilates, Yoga, Body Sculpt

Introductory 1 Month Unlimited - \$79.99

Drop In - \$28

First Drop in \$25

5 Classes - \$110

10 Classes - \$225

20 Classes - \$375

30 Classes - \$450

40 Classes - \$575

One Month Unlimited - \$185.00 - (\$11 per class based on 4 class x wk.)

Three Months Unlimited - \$485.00 - (\$8.00per class based on 4 class x wk.)

6 Months Unlimited - \$725.00 - (\$6.75per class based on 4 class x wk.)

One Year Unlimited - \$1400.00 - (\$116 every month.)

One Year Monthly Membership - \$124.00 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

1 month unlimited - \$ 170

10 Classes - \$185 (\$15.50 per class)

20 Classes - \$325 (\$13.75 per class)

30 Classes - \$400 (\$12.00 per class)

Three Months Unlimited - \$450.00 (\$8.01 per class based on 4 class x wk.)

Six Months Unlimited - \$625.00 (\$6.50 per class based on 4 class x wk.)

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)

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)

Small group personal training (up to 3 people)

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

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

Life & nutrition coaching

1 Hour private sessions - \$70

(10) - 1 hour sessions - \$650

(12) - 1Hour sessions - \$720

Nutrition Coaching

1Hour Private session \$65

1 hour intake plus (5) 1\2 hour sessions --\$240

1 hour intake plus (10) 1\2hour sessions - \$400

Wellness packages

Thai Yoga Massage, Reflexology and Reiki

1hour session- \$85

1.5 hour session - \$125

3-1hour sessions- \$235

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

