



Monthly Programs



3 Months

Unlimited Functional Group Training
\$68/month

Percussive Therapy (incl. Group Training)
1 x week 15 minutes \$105/month
1 x week 30 minutes \$210/month

Small Group (incl. Group Training)
1 x week Small Group \$94/month

Balanced Habits Nutrition Coaching
\$210/month

30 Minute Personal Training (incl. Group Training)
1 x week Personal Training \$210/month
2 x week Personal Training \$322/month
3 x week Personal Training \$453/month

60 Minute Personal Training (incl. Group Training)
1 x week Personal Training \$337/month
2 x week Personal Training \$522/month
3 x week Personal Training \$759/month

60 Minute Partner PT (incl. Group Training)
1 x week Personal Training \$177/month*
2 x week Personal Training \$274/month*
3 x week Personal Training \$404/month*

*Cost per person

6 Months

Unlimited Functional Group Training
\$62/month

Percussive Therapy (incl. Group Training)
1 x week 15 minutes \$100/month
1 x week 30 minutes \$200/month

Small Group (incl. Group Training)
1 x week Small Group \$84/month

Balanced Habits Nutrition Coaching
\$179/month

30 Minute Personal Training (incl. Group Training)
1 x week Personal Training \$200/month
2 x week Personal Training \$311/month
3 x week Personal Training \$442/month

60 Minute Personal Training (incl. Group Training)
1 x week Personal Training \$315/month
2 x week Personal Training \$491/month
3 x week Personal Training \$723/month

60 Minute Partner PT (incl. Group Training)
1 x week Personal Training \$169/month*
2 x week Personal Training \$262/month*
3 x week Personal Training \$380/month*

*Cost per person

12 Months

Unlimited Functional Group Training
\$57/month

Percussive Therapy (incl. Group Training)
1 x week 15 minutes \$92/month
1 x week 30 minutes \$178/month

Small Group (incl. Group Training)
1 x week Small Group \$78/month

Balanced Habits Nutrition Coaching
\$179/month

30 Minute Personal Training (incl. Group Training)
1 x week Personal Training \$178/month
2 x week Personal Training \$280/month
3 x week Personal Training \$406/month

60 Minute Personal Training (incl. Group Training)
1 x week Personal Training \$294/month
2 x week Personal Training \$463/month
3 x week Personal Training \$684/month

60 Minute Partner PT (incl. Group Training)
1 x week Personal Training \$158/month*
2 x week Personal Training \$245/month*
3 x week Personal Training \$355/month*

*Cost per person

TRAINING PACKAGES

Get Fit! Have Fun! Love Life!

15 Minute Percussive Therapy

Single Session \$27		5 Sessions \$115 \$23/ session		10 Sessions \$210 \$21/ session		25 Sessions \$475 \$19/ session
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30 Minute Personal Training/Percussive Therapy

Single Session \$48		5 Sessions \$220 \$44/ session		10 Sessions \$400 \$40/ session		25 Sessions \$925 \$37/ session
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60 Minute Personal Training

Single Session \$71		5 Sessions \$345 \$69/ session		10 Sessions \$660 \$66/ session		25 Sessions \$1,575 \$63/ session
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Add Ons

Body Composition Test \$42/ NM\$52		3 Pack Body Composition Test \$105/ NM\$139				Partner Personal Training Single Session \$41 each 5 Sessions \$200 each 10 sessions \$388 each
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M4ZONE
MZ-3 Belt \$94.99
MZ-Switch \$104.99

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