



PRICING SCHEDULE AND PROGRAM OUTLINE FALL 2018

APA Tier One

\$260/ month

Includes monthly reassessment and goal review and three guided classes per week for groups of 3-4 depending on the level of assistance needed.

APA Tier Two

\$150/ month

Includes monthly reassessment and goal review and three guided classes per week for groups of 5-8 depending on the level of assistance needed.

Healthy Habits for Kids

\$260/ month

Includes Initial Intake, family meetings, nutritional guidance, and monthly exercise program

All Access Pass

\$120/ month for individual

Includes initial intake and assessment by a Physical Therapist to include body fat testing, body mapping analysis, orientation to PowerFit movements, open gym access.

Personal Training Package

\$260/month

Includes All Access Package plus one personal training session per week as well as electronic support and nutritional guidance.

Partial Passes

Unlimited PowerFit Classes- \$65/ month per person

All Class Access- \$85/ month per person

Aquatic Program Add on- \$30/ month per person

Open Gym Access Only- \$50/month

Private Sessions

\$50 for 1 session OR Buy 4, get one free

\$50/ session Aquatic Session

Drop- In Rates

\$10/Class for PowerFit and KidFit

\$10/ Class for Mobility Level one and Level Two

Punch Cards Available

Additional Add-Ons

Nutrition Packages- cost is variable depending on need and meal plans required

Electronic Support- E-mailed workout plans and access to trainers via email, cost is variable and would need to be customized for the individual.