



Expand Wellness

Train Smart

Summer Rates 2022

Introductory Private Session 125.
1 hour 15min

Private Single Session 95.
45 min - only available after Intro Private session

Intro 3 pack of Private sessions 225.
available only after completing Intro private

Duet 125.

Trio 150.

Quad 175.

Purchase a package of 10 sessions & receive \$5 off per session

In home sessions available within a 30-40 minute summer drive radius - starting at \$200 per session

24 hour cancellation policy. Cancellations within 24 hours of scheduled session result in charge of full session rate.