

**Monthly Classes Plan**      **\$159.00 per month**

Includes:

Unlimited Classes\* (Power Plate & Studio)

- Power Plate
- Yoga
- Mat Pilates
- Flow
- Strength

Unlimited Wellness Room use

- MiGun Infrared Thermal Massage
- MRS 2000 Magnetic Field Therapy

Introductory Nutrition Consultation

*\*Power Plate Classes require Personal Training Session*

Single Studio Class Drop in	\$ 18.00
10 Class Punch Card (6 months)	\$ 159.00

