

STUDIO MEMBERSHIP TRAINING WITH CORE ESSENTIALS TRAINERS

CORE SILVER 4 individual sessions per month (\$60.37 per session)
1 guest pass per month
6 or 12 month commitment (*if prepaid in full, additional 10% discount applies*)
\$295.95 per month (8% discount, gym fees and tax included)
Start up fees apply *

CORE GOLD 8 individual sessions per month (\$54.01 per session)
1 guest pass per month
6 or 12 month commitment (*if prepaid in full, additional 10% discount applies*)
\$496.08 per month (18% discount gym fees and tax included)
No start up fees *

START UP FEES **Key Deposit \$50.00**
Assessment \$190.80

Assessment includes cardiovascular risk assessment, body composition, biomechanical screening and primary exercise prescription.

A LA CARTE **Individual session:** \$68.90 per session (tax in)
Package of 10 Sessions: \$567.10 (savings \$121.90) (tax in)
Must be used within 6 months.

Off-Site Training: \$103.35. per session (tax in)
Group Training: Standard hourly rate + \$10 per additional participant
Series Program: Each session \$60.99.

To receive the discounted rate you must pay a retainer equal to the hourly rate for next appointment.

Consultations: \$40.00
Dietary Assessment: \$68.90 per session (tax in)
Assessment: \$190.80. (tax in)

Assessment includes cardiovascular risk assessment, body composition, biomechanical screening and primary exercise prescription.

Add On: Add your spouse or significant other to your package for \$40.00 per month + the cost of assessment and key deposit.

Add-on limited to one per family.

Guest Drop In: \$10.00 per session

** Notice: All missed appointments will be billed out at full rate unless 24 hour notice is given.*

STUDIO MEMBERSHIP TRAINING WITH DAVID GILKS, M.E.S.

CORE SILVER 4 individual sessions per month (\$74.30 per session)
1 guest pass per month
6 or 12 month commitment
\$354.46 per month (8% discount, gym fees and tax included)
Start up fees apply *

CORE GOLD 8 individual sessions per month (\$64.00 per session)
1 guest pass per month
6 or 12 month commitment
\$585.12 per month (20% discount gym fees and tax included)
No start up fees *

START UP FEES **Key Deposit \$50.00**
Assessment \$199.98

Assessment includes cardiovascular risk assessment, body composition, biomechanical screening and primary exercise prescription.

A LA CARTE **Individual session:** \$84.80 per session (tax in)
Package of 10 Sessions: \$678.40 (savings \$169.60) (tax in)
Must be used within 6 months.

Off-Site Training: \$127.20. per session (tax in)
Group Training: Standard hourly rate + \$10 per additional participant
Series Program: Each session \$70.99.

To receive the discounted rate you must pay a retainer equal to the hourly rate for next appointment.

Consultations: \$40.00
Dietary Assessment: \$84.80 per session (tax in)
Assessment: \$199.98. (tax in)

Assessment includes cardiovascular risk assessment, body composition, biomechanical screening and primary exercise prescription.

Add On: Add your spouse or significant other to your package for \$40.00 per month + the cost of assessment and key deposit.

Add-on limited to one per family.

Guest Drop In: \$10.00 per session

** Notice: All missed appointments will be billed out at full rate unless 24 hour notice is given.*