

Foundational Programs



Our Foundations program is designed to provide the most effective level of personalized instruction at a discounted package price. In our experience, our customers develop far more confidence, proficiency, and motivation by taking their first steps one on one rather than in a group. This is natural because we each learn at a different pace, as well as experience different obstacles according to our unique physiological and psychological traits. When it comes to fitness, a renaissance approach is highly beneficial to keep variety and maintain physically challenged in our workouts, so why not be adventurous? Combining multiple fitness disciplines will add that element of surprise that our bodies thrive upon, yielding greater versatility and functional strength in everyday activities.

Yoga Practice

available for everyone, one time only

\$300



While yoga is a remarkable discipline that engages body and mind, it is complex and unlike our traditional forms of exercise. The benefits are unique, including increased functional strength, lightness, balance, flexibility, and tranquility. With this program you can now discover yoga the way it was meant to be experienced, in a private setting with the full attention of one of our certified instructors. Learn the foundations of yoga and be ready to confidently participate in group classes, knowing how to modify routines to safely suit your needs.

Package Includes: 6 x 1hr private sessions with participating instructors. Package expires 2 months after purchase date.

Swimming

available for everyone, one time only

\$300



Here is your opportunity to turn this recreational activity into a highly effective full-body workout. Because speed in swimming depends greatly on offering the lowest drag as we fend through the water, swimming is a highly technical sport that deserves one on one instruction focused on form and stroke development. We propose our unique continuous current pools as a sophisticated tool in which to rapidly develop endurance as you learn how to efficiently move through water. We even use above and under water video to show you where improvements are needed.

Package Includes: 6 x 1hr private sessions with participating instructors. Package expires 2 months after purchase date.

Outdoor Cycling

available to everyone, no limit on number of packages

\$360



Learn how to ride a road bike and get the most out of it. This package will start with a professional bike fit that takes into account your physique, cycling goals, and limitations to develop a comfortable and ergonomic bike position. You will use clipless pedals indoors to achieve a functional pedal stroke, and learn to safely start the bike and come to a stop. You will experience riding on the Veloway and progressively move to more challenging Austin roads. A quality 20 speed road bike, helmet and cycling shoes are available for use during your sessions at no extra charge.

Package Includes: 5 x 1.5hr private sessions with participating instructors. Package expires 2 months after purchase date.

Strength Training

available to everyone, one time only

\$300



Strength training is a key component of a healthy lifestyle. And strength training today is such a broad and sophisticated field of exercise science that it makes sense to develop your strength routine to fit your individual needs and limitations. Learn how to use machines, resistance bands, free weights, balance boards, props, and your own body weight to create a safe and challenging program that maximizes results. Perfect your form and enhance posture while gaining strength.

Package Includes: 6 x 1hr private sessions with participating instructors. Package expires 2 months after purchase date.

The Pilates Method

available to everyone, one time only

\$300



The Pilates Method developed by Joseph Pilates is a vast system of exercise that increases flexibility, balance, body awareness, core strength, and endurance using mats, props, and unique equipment. This package will introduce you to the fundamental principles of Pilates, while you engage in both mat and equipment workouts. This is an excellent primer to allow you to confidently participate in our group Pilates instructions.

Package Includes: 6 x 1hr private sessions with participating instructors. Package expires 2 months after purchase date.