

Group Instruction



We place a lot of pride in our group instruction which we believe is second to none. We offer over a 100 weekly classes in specialized studios conducive to the instruction they host, and employ seasoned instructors to lead them. Our full class schedule is open to the public, with a select number of classes available free to anyone for their first month. All classes are included in our VIP membership. All other membership levels can enjoy unlimited participation in our 30+ FREE to MEMBERS classes and receive 50% discount on any other classes. Our class series offer small groups and personalized instructor assistance. They are the perfect vehicle to develop proficiency in a chosen discipline and help you reach your fitness goals.

Classes	Per Class	10 Class Card	20 Class Card
Walk - In	\$16	\$132	\$220
Members	\$8	\$66	\$110

Note: 10 class cards have an expiration of 6 months from the date of purchase, and 20 class cards expire after 1 year. Class cards may always be used for gym access and are non-refundable.

Class Series	$\frac{\text{hrs x wks}}{\text{max. enrollment}}$	Walk In	Member
Pilates Equipment	$\frac{1 \times 10 / 1 \times 5}{5 \text{ clients}}$	\$275/\$138	\$250/\$125
Yoga Intensive	$\frac{1.25 \times 4}{6-8 \text{ clients}}$	\$110	\$100
Boot Camp	$\frac{2 \times 3 + 1 \times 3}{20-30 \text{ clients}}$	\$385	\$350
Mini Boot Camp	$\frac{1 \times 3}{15 \text{ clients}}$	\$195	\$175

Class format may deviate from the above typical. Please check individual program flyers for up to date pricing and scheduling. Space is limited, advanced sign-up is recommended. We also offer weekend workshops priced per event.