

elevateCLASSES

Casual	\$ 20 / class
8 classes	\$135 / 8 classes
2 classes / week member	\$ 29 / week
Unlimited classes / week member	\$ 39 / week

ONE TO ONE

Casual	\$ 75 / session
2 sessions / week	\$ 70 / session

ONE TO TWO

Casual	\$100 / session
2 sessions / week	\$180/ week

SMALL GROUP

Casual	\$120 / session
2 sessions / week	\$220 / week

ONE TO ONE + GROUP CLASS

8 Weeks	\$ 80 / week
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elevateNUTRITION

60 minute comprehensive initial nutrition consultation	\$ 125 / session
30 minute follow up consultations	\$ 75 / session

elevateMASSAGE

45 minute massage	\$ 60 / session
2 sessions / week	\$ 55 / session
60 minute massage	\$ 75 / session
2 sessions / week	\$ 70 / session