



MINDFUL MOVEMENTS

Privates/Semi Privates

PRIVATE

1 Session	\$ 60.00
5 Sessions	\$260.00
10 Sessions	\$500.00

SEMI-PRIVATE (prices are per person)

1 Session	\$ 35.00
10 Sessions	\$300.00

*all sessions are 50-55 minutes in length. There is a 24 hour cancellation policy in place for all private/semi private sessions.

Small Group Equipment Classes (4 people max)

EQUIPMENT PACKAGES

1 Class	\$ 30.00
10 Classes	\$270.00

These classes have a 6 month expiration and a 6 hour cancellation policy in place. You must have completed the intro sessions or be "equipment approved".

AUTO PAY MEMBERSHIPS

4 classes per month \$99.00

*receive a 10% discount on Group Classes

*attend any four classes per month and purchase additional classes at the 25.00

8 classes per month \$184.00

*receive a 15% discount on Group Classes

*attend any 8 classes per month and purchase additional classes for \$23.00

12 classes per month \$252.00

*receive a 20% discount off Group Classes

*attend any 12 classes per month and purchase additional classes for \$21.00

Auto Pay memberships are offered on a 12 month contract and will auto renew on a month to month basis after the 12 months. Classes do not carry over into the next month. 6 hour cancellation policy applies to these classes. You may freeze your membership twice per year in 30 day increments. See the online contract for the full agreement and membership benefits.

Group Classes (2-10 people)

Class Packages

1 Class	\$ 16.00
5 Classes	\$ 65.00
10 Classes	\$130.00

All group classes have a 6 month expiration date and there is a 6 hour cancellation policy in place. Member discounts are applied at checkout