



Head-to-Toe Training

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TRAINING RATES

PERSONAL TRAINING

Head-to-Toe Training utilizes the Pilates apparatus, cardio and physio props in one to one and small group sessions. Sessions are approximately one hour and done by appointment only. All cancellations must be done within 24 hours prior to a session to avoid charges. Prepaid sessions are nonrefundable but are transferable.

PERSONAL SESSIONS:

One session- 65.00
Six sessions- 350.00
Ten sessions- 499.00
Twenty sessions- 899.00
Thirty sessions- 1260.00

PARTNER AND SMALL GROUP

Like the personal training these sessions are done by appointment and follows the same rules of cancellation.

PARTNER SESSIONS:

One session- 45.00 each
Ten sessions- 399.00 each

SMALL GROUP SESSIONS:

One Class- 25.00
Five Classes- 110.00
Ten Classes- 200.00

These sessions are not included in membership packages.

THAI YOGA MASSAGE

Thai Yoga Massage therapy is a unique style of bodywork leading the recipient through a series of yoga postures while massaging the energy lines of the body. It is performed in privacy, yet clothed. Because of its style it is not necessary to be in contact with skin.

One Hour- 70.00
Two Hours- 125.00

THERAPUETIC MASSAGE

The recipient is unclothed and on a table to allow the therapist to loosen the muscles of tension and stress.

One Half Hour- 35.00
One Hour- 70.00
Ninety Minutes- 90.00

WALK-IN GROUP CLASSES

These classes do not require an appointment and are included in all the membership packages or may be purchased by guest cards. Please check current month's schedule for class times and types.

GUEST CARD FEES:

One Class- 15.00
Five Classes- 55.00
Ten Classes- 95.00
Twenty Classes- 160.00
Schedule: www.head-to-toe.com

pilates
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