



TransformMLC

your body. your mind. your life.

Private Session Packages

Your initial consultation with our certified trainer is at *no charge*. Consultation includes health evaluation and screening, exercise history and personal goals. It is a great opportunity for you to ask questions and get a feel for how the trainer will work with you.

Packages are one-on-one personal training or yoga instruction; partner personal training or yoga instruction; or personal training for small groups of four or yoga instruction for groups of four to eight at a scheduled time that works for you. Sessions are 50 minutes and prices are per session:

	3 sessions (new clients only)	5 sessions	10 sessions	20 sessions
Individual	\$70	\$80	\$65	\$55
Partners	\$56 per person	\$64 per person	\$52 per person	\$44 per person
Small group (4)	\$49 per person	\$56 per person	\$45 per person	\$38 per person
Yoga group (4-8)		\$20 per person	\$16 per person	\$15 per person

The Commitment Program

These special packages are designed for the person who wants to commit four or five hours per week to transforming themselves. Your program can include any combination of personal training, yoga and/or Pilates, and life coaching. A couple of examples: 3 hours of personal training and 2 hours of yoga; 4 hours of personal training and 1 hour of life coaching. Minimum commitment is 10 weeks.

4 or 5 sessions per week individual \$50 each session partners \$40 each session per person

Life Coaching

A minimum commitment of 26 weeks (6 months) to the life coaching program is required. This program is designed to transform your life by teaching you how to gain a new perspective, use tools that help you approach situations in a new and different way, and obtain clarity about the direction of your life.

\$100 per week.

Classes

Regularly scheduled yoga, Nia and TRX workout classes are available. Please visit the “Schedule” at our website for class times and descriptions. Yoga, Pilates and Nia class prices: drop-in \$12, five class card \$55, ten class card \$100. TRX workout classes: try your first for \$10; drop-in \$20, five class card \$90, ten class card \$150.

Payment

Payment by check or credit card is required in advance. Monthly payment schedules are available.