

WELLNESS LAB

TRAINING OPTIONS

ARX PERSONAL TRAINING

MEMBERSHIP*	PRICING
2 Sessions Per 4 Weeks 1 Session Per Week 2 Sessions Per Week 3 Sessions Per Week	\$60 intro month, \$120 \$110 intro month, \$220 \$192 intro month, \$385 \$270 intro month, \$540
PACKAGE	PRICING
5 Sessions 10 Sessions	\$350 \$650
PER-SESSION	PRICING
1 Session	\$80

CAROL BIKE

MEMBERSHIP*	PRICING
2 Sessions Per 4 Weeks 1 Session Per Week 2 Sessions Per Week 3 Sessions Per Week	\$12 intro month, \$25 \$20 intro month, \$40 \$35 intro month, \$70 \$45 intro month, \$90
PACKAGE	PRICING
5 Sessions 10 Sessions	\$70 \$120
PER-SESSION	PRICING
1 Session	\$25

MEMBERSHIP*: month to month - no long term contracts | renews every 4 weeks | can be paused for reasonable situations such as illness, injury, or vacation | missed sessions can be rolled over

24 hour cancellation policy on all sessions