

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	\$64 intro \$129 \$119 intro \$239 \$219 intro \$439 \$299 intro \$599
PACKAGE	PRICING
5 Sessions 10 Sessions	\$350 \$650
PER-SESSION	PRICING
1 Session	\$80
OPTIONAL CARDIO TRAINING INCLUDED VIA CAROL BIKE UNLIMITED RIDES: ZONE 2 FAT BURN REHIT	

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

12 hour cancellation policy on all PT sessions