

# WELLNESS LAB

## TRAINING OPTIONS

### PERSONAL TRAINING

#### MEMBERSHIP\*

2 Sessions Per 4 Weeks  
1 Session Per Week  
2 Sessions Per Week  
3 Sessions Per Week

#### PRICING

\$69 intro | \$139  
\$129 intro | \$259  
\$239 intro | \$479  
\$329 intro | \$659

#### PACKAGE

5 Sessions  
10 Sessions

#### PRICING

\$400  
\$750

#### PER-SESSION

1 Session

#### PRICING

\$90

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 | membership holds (pauses/delays) allowed once every 6 months | missed sessions rolled over | family discounts

24 hour cancellation policy on all PT sessions