



AYB Spring Pricing 2018

ANNUAL MEMBERSHIPS:

With your membership you also receive:

- an awesome AYB shirt
- AYB bumper stickers
- 10% off personal training, reformer pilates, and other exercise programs
- ability to book classes a year in advance

Group Classes Unlimited Membership:

Single: \$80/month auto draft, \$960 for year paid in full (10% discount for cash/check, 5% for credit card)

Couple: (Same household, same roof) \$110/month auto draft, \$1,320 for year paid in full (10% discount for cash/check, 5% for credit card)

Family: (up to 4 people): \$140/month auto draft, \$1,680 for year paid in full (10% discount for cash/check, 5% for credit card)

Strength Small Group Unlimited Membership:

Single: \$100/month auto draft, \$1,200 for year paid in full (10% discount for cash/check, 5% for credit card)

Couple: (Same household, same roof): \$150/month auto draft, \$1,800 for year paid in full (10% discount for cash/check, 5% for credit card)

Family: (up to 4 people): \$220/month auto draft, \$2,640 for year paid in full (10% discount for cash/check, 5% for credit card)

Youth Foundations of Strength Unlimited Classes: (available to members only)

Single: \$50/month auto draft, \$600 for year paid in full (10% discount for cash/check, 5% for credit card)

Strength Small Group Add-On:

Group class unlimited memberships are eligible to **add-on** strength small group training at a discount.

Single: \$50/month auto draft

Couple: \$75/month auto draft

Family: \$110/month auto draft

Ask about our **corporate rates for four or more!**

MONTH TO MONTH PACKAGES (these are not memberships)

Group Classes:

Single: \$120 /month no auto draft

Couple: \$150/month no auto draft (same household, same roof)

Family: \$180/month no auto draft (up to 4 people)

Strength Small Group:

Single: \$135/month no auto draft

Couple: \$200/month no auto draft

Family: \$250/month no auto draft

A LA CARTE:

Group Classes:

One Group Class: \$15 10 Class Punch Card: \$100

Small Group Strength Training (60 minute Sessions):

One Session: \$15.00 10 Session Punch Card: \$125

Youth Classes:

One Youth Class: \$10 10 Youth Class Punch Card: \$75

Personal Training:

30 min sessions:

One Session: \$35 10 Session Punch Card: \$315

45 min sessions:

One Session: \$45 10 Session Punch Card: \$405

60 min sessions:

One Session: \$55 10 Session Punch Card: \$495

Pilates with Equipment:

All Pilates with certified pilates instructors

45 min sessions:

One Session: \$45.00

10 Session Punch Card: \$405

Running Coaching:

All coaching with a RRCA Certified Running Coach: \$15/week

NUTRITION:

All sessions with a registered and licensed dietitian with a Master's Degree in Nutrition

Initial Session: \$160

- Review of client questionnaire including health, current nutrition and lifestyle
- 7 site skinfold body fat analysis, explanation and goals
- Specific nutrition plan with amounts, types of foods, and timing
- Meal and snack plan
- Achievable goals
- Science backed nutrition education to answer your questions about foods, supplements, diets, or anything else nutrition related
- Includes 2 weeks food diaries with comments from your dietitian
- Includes 2 weeks unlimited messaging/questions -we are here for anything you need!

Follow Up Session: \$40

- Review of food diary
- Recommendations
- Goal setting

Follow Up Body Fat Analysis: \$20

- 7 site skinfold test

Nutrition Seminars for your team or group: \$100

- Hour seminar on topic of your choice for sports teams, lunch and learn events, retreats, groups of friends, health fairs, worksite wellness, or any other event or group

Daily Food Diaries: \$50 per month/auto draft, cancel anytime

- 2 weeks are included with the first session. After that, you can bring your food diaries in to discuss during a follow up session, or you can opt for continuing daily food diaries (we make comments on these and send them back to you-many of my clients like the accountability until they reach their goals and choose this option plus the body fat analysis every 4-6 weeks until they reach their goals)

Grocery Store Class

- Price varies with participant number and time
- Detailed handouts on healthy and practical shopping guidelines, label reading, best choices, produce selection, easy meal ideas, and healthy shopping list