



## 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