# AYB FITNESS PRICING 2019

**MEMBERSHIPS**

*In addition to classes, Group Class and Small Group Strength members have access to 1 body composition measurement per quarter, monthly nutrition classes, food diaries via Healthie app with weekly monitoring by a Registered Dietitian, and an AYB online support community*

**Group Class Membership: (AYB Performance, Foundations, Flexibility, and Youth classes)**

Single: $90/month autodraft

Couple: $120/month autodraft
2 people in the same household

Family: $150/month autodraft
4 people in the same household

**Small Group Strength Add-on Membership:**

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

Per person: $50/month autodraft

**Small Group Strength Membership: (AYB Strength classes ONLY)**

Per person: $100/month autodraft

**Youth Only Membership:**

Per person: $65/month autodraft
1 person
Includes unlimited AYB Youth classes

**Nutrition Only Membership:**

Per person: $50/month autodraft
Includes access to 1 body composition measurement per quarter, monthly nutrition classes, food diaries via Healthie app with weekly monitoring by a Registered Dietitian, and an AYB online support community

**DROP-IN & PUNCH CARDS**

**AYB Group, Foundations, Development, Youth, & Nutrition Classes:**

One class: $15 10 Class Punch Card: $100

**Small Group Strength Classes:**

One class: $15 10 Class Punch Card: $125

**PERSONAL TRAINING**

**30 minute Sessions:**

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

**45 minute Sessions:**

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

**60 minute Sessions:**

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

**Running Coaching:**

$15/week $60/ 4weeks autodraft

**Resting Metabolic Rate Testing**
$60

**VO2 Max Testing**
$125