



practice

doing, moving, learning, teaching, acting
writing, loving, giving, working, being
living, caring, growing, working, seeing
communicating, listening, networking
wearing, stretching, meeting, cooking
creating, searching, evolving, making
doing, moving, learning, teaching, acting



2016 rates

New Journey Package \$99 Our New Journey Package provides 3 private sessions and one Pilates Mat class for \$99.00. It's a great way to meet our trainers, get a feel for Pilates, and discover if we're right for you.

The House Account is like a checking account for the studio. When you make a \$500 deposit to your house account, you automatically qualify for the lowest rate for any type of appointment or group class. A great option for people who want to mix and match appointments and classes!

Sessions by Appointment

Privates

Session(s)	Cost Per Session	Total
Single	\$65	\$65
Four.....	\$60	\$240
Eight.....	\$55	\$440
Sixteen.....	\$50	\$800

Duets (price per person)

Session(s)	Cost Per Session	Total
Single	\$53	\$53
Four.....	\$48	\$192
Eight.....	\$43	\$344
Sixteen.....	\$38	\$608

Trios or Quartets (price per person)

Session(s)	Cost Per Session	Total
Single	\$42	\$42
Four.....	\$37	\$148
Eight.....	\$32	\$256
Sixteen.....	\$27	\$432

Half Sessions

Session(s)	Cost Per Session	Total
Single	\$35	\$35
Four.....	\$33	\$132
Eight.....	\$30	\$240
Sixteen.....	\$28	\$448

Half Session Duets (price per person)

Session(s)	Cost Per Session	Total
Single	\$32	\$32
Four.....	\$30	\$120
Eight.....	\$28	\$224
Sixteen.....	\$26	\$416

Half Session Trios or Quartets

Session(s)	Cost Per Session	Total
Single	\$30	\$30
Four.....	\$28	\$112
Eight.....	\$26	\$208
Sixteen.....	\$24	\$384

Privates - 45 Minutes

Session(s)	Cost Per Session	Total
Single	\$50	\$50
Four.....	\$48	\$192
Eight.....	\$46	\$368
Sixteen.....	\$44	\$704

Duets - 45 Minutes (price per person)

Session(s)	Cost Per Session	Total
Single	\$43	\$43
Four.....	\$39	\$156
Eight.....	\$35	\$280
Sixteen.....	\$33	\$528

Trios or Quartets - 45 Minutes (price per person)

Session(s)	Cost Per Session	Total
Single	\$32	\$32
Four.....	\$30	\$120
Eight.....	\$28	\$224
Sixteen.....	\$26	\$416

Privates - 90 Minutes

Session(s)	Cost Per Session	Total
Single	\$97	\$97
Four.....	\$90	\$360
Eight.....	\$83	\$664
Sixteen.....	\$75	\$1200

Duets - 90 Minutes (price per person)

Class(es)	Cost Per Session	Total
Single	\$64.....	\$64
Four.....	\$58	\$232
Eight.....	\$52	\$416
Sixteen.....	\$49	\$784

Trios or Quartets - 90 Minutes (price per person)

Class(es)	Cost Per Session	Total
Single	\$19.....	\$19
Ten.....	\$15	\$150
Twenty.....	\$13.....	\$260

All sales are final. Payment must be made in advance to receive discount rates. Cancellation: Please provide 24-hour notice to avoid charges. Payment: Due in full upon package purchase. We accept check, MasterCard, Visa or AMEX. Packages expire 180 days from date of purchase unless other arrangements are made. Rates are subject to change without notice.

937.432.9399 5575 far hills ave., dayton, oh 45429 email: practicefitnessforlife@gmail.com web: www.practice.fitness



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2016 rates

Classes

Group Reformer & Equipment

Class(es)	Cost Per Session	Total
Single	\$32	\$32
Four	\$29	\$116
Eight	\$26	\$208
Sixteen	\$24	\$384

Pilates Matwork

Class(es)	Cost Per Session	Total
Single	\$19	\$19
Ten	\$15	\$150

Yoga

Class(es)	Cost Per Session	Total
Single	\$19	\$19
Ten	\$15	\$150

30 Minute Jumpboard Training

Class(es)	Cost Per Session	Total
Single	\$24	\$24
Four	\$22	\$88
Eight	\$18	\$144
Sixteen	\$16	\$256

Sessions by Appointment

(Pilates, Yoga, TRX, Strength Training with a Practice Instructor)

Senior Instructor Rates

Session(s)	Cost Per Person
Private - 30 min.....	\$38
Private - 45 min.....	\$52
Private - 60 min.....	\$65
Private - 90 min.....	\$100
Duet - 30 min.....	\$28
Duet - 45 min.....	\$40
Duet - 60 min.....	\$50
Duet - 90 min.....	\$75
Trio/Quartet - 30 min.....	\$30
Trio/Quartet - 45 min.....	\$35
Trio/Quartet - 60 min.....	\$38
Trio/Quartet - 90 min.....	\$50

Group classes taught by a senior instructor will be taught at regular class rates.

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