

TIME FOR AN UPDATE:

SPRING IS A TIME TO GROW

BALANCE WELLNESS STUDIO | MARCH 2021



March 2021

SUNDAY

Soulful Sunday Yoga w/Sheri 10:00-11:15*

Kripalu Yoga w/Brian 4:30-6:00p

MONDAY

HIIT Express w/Megan 8:00-8:30a

Fitness Fundamentals w/Megan 8:45-9:15

Vinyasa Flow w/Annie 9:00-10:15*

HIIT w/Megan 5:45-6:45p

TUESDAY

Gentle Flow w/Bitsy 9:00-10:00a*

Evening Zen (Yin Yoga) w/Sheri 6:00-7:15*

WEDNESDAY

HIIT Express w/Megan 8:00-8:30a

Fitness Fundamentals w/Megan 8:45-9:15

Flow Like Honey w/Joyce 9:30-10:50a

THURSDAY

Yin Yoga w/Bitsy 9:00-10:15a*

HIIT w/Megan 5:45-6:45p

COMING IN APRIL

Here at Balance our collaborative team of practitioners and instructors pride ourselves on being a studio that gives our clients and students individualized attention while providing a safe space for each of you to practice self-care. Never has that been a more challenging or daunting task than during this past year of the COVID-19 pandemic. Adjusting our schedule, class sizes, service and cleaning protocols to maintain the safest space possible has required unparalleled flexibility and patience from staff and customers alike.

As we move into the spring and summer things may slowly return to "normal," but the lessons of this crisis will remain. To maintain our small class sizes, personalized attention, and the highest level of service, we need to restructure our pricing options for classes and services. Things to look for:

- Class Passes will be converted to Units
- Class Passes will be applicable to Events and Workshops – units will vary
- New Memberships allowing a fixed monthly fee for classes or classes + services
- Updated Service Menu & Service Packages

*denotes classes with a virtual component

Class Pass & Service Fees effective April 4, 2021.

Existing pricing options will be honored as is or converted to the new method at an equivalent rate.

Units for Classes

30-45 minute classes: 1 Unit

60-75 minute classes: 2 Units

90+ minute classes: 3 Units

Workshops & Events: Units Vary

Massage Rates

30 minutes: \$45

45 minutes: \$67.50

60 minutes: \$90

75 minutes: \$112.50

90 minutes: \$135

Class Pricing

2 Unit Drop-In: \$20

2 Unit Online Rate: \$17

Massage Packages

5 massages: 5% off each session

10 massages: 10% off each session

15 massages: 15% off each session

Class Passes

12 units (6 1-hour classes): \$96

24 units (12 1-hour classes): \$168

48 units (24 1-hour classes): \$288

New/Updated Services

Sports Massage

Assisted Stretching

Personal Training

Health Coaching



Massage and Reflexology appointments are available for booking online, by phone, or with your practitioner. In order to maintain safety for everyone, we ask that you text your practitioner when you arrive. Our lobby will remain closed at this time to ensure social distancing.

[Book Now](#)