



2016 SERVICES

NEW CLIENT 30-Minute Group Class SPECIAL PACKAGE

1x per week for 3 mos. \$185
Unlimited for 3 mos. \$285

Small Group Classes

We keep our classes small so you receive the attention you need for maximum benefits.

30-Minute Classes

Single Class \$20
1x per week for 3 months \$240
Unlimited for 3 months \$385

Success Guaranteed.

AYC Health & Fitness

7830 State Line Road #101
Prairie Village, KS 66208



One-on-One Training**

**Home appointments available.

Personal Training / Pilates

55-Minute Sessions

Single Session \$75
10-Pack \$725
20-Pack \$1400
40-Pack \$2700
80-Pack \$5200

30-Minute Sessions

Single Session \$56
10-Pack \$545
20-Pack \$1050
40-Pack \$2025

Semi-private sessions are available. Each participant is charged ¾ of an individual session.

Training rates for Greg Justice differ. Please call us for pricing.

Pilates Mat Classes

1-Hour Class

Single Session \$20
5-pack \$95
10-pack \$180
20-pack \$340

Yoga Classes

1-Hour Class

Single Session \$20
5-Pack \$85
10-pack \$150
20-pack \$280
30-pack \$375

Nutritional Counseling

Can include:

- Reviewing your daily food journal
- Meal planning & preparation
- Assistance with shopping
- Body fat analysis

Nutritional Analysis \$70
8-Week Program \$750
Customized Program \$TBD