



One-on-One Sessions**

**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 $\frac{3}{4}$ of an individual session.

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



2017 Rates

Classes

Barre Fundamentals
 Barre Crawl
 HIIT
 Jump Board
 Juvo Board
 Pilates Mat
 Reformer
 T Barre
 Yoga

We keep classes small so you receive the attention you need for maximum benefits. Classes are ongoing so start any time!

Most classes are suitable for beginners as well as advanced students. All movements can be customized for each participant.

Success Guaranteed.

AYC Health & Fitness

7830 State Line Road #101
 Prairie Village, KS 66208

GroupFit Package

Pays for **Barre Fundamentals, HIIT, Jump Board, Juvo Board, Pilates Mat, T Barre, and Yoga classes.**

Unlimited Month to Month	\$130
Autopay Monthly	\$120
Single Class	\$18
5 Classes	\$85
10 Classes	\$150
20 Classes	\$280
30 Classes	\$375

GroupFit +PLUS Package

Pays for everything above, plus **Barre Crawl** classes.

Unlimited Month to Month	\$160
Autopay Monthly	\$150
Single Class	\$20
5 Classes	\$95
10 Classes	\$180

Reformer Package

Pays for everything above, plus **Reformer Classes.**

Unlimited Month to Month	\$235
Autopay Monthly	\$225
Single Class	\$30
5 Classes	\$140
10 Classes	\$250

5, 10, 20, 30, 40, and 80-packs never expire and may be shared by a household.

Autopays must be cancelled at least 30 days in advance or a \$50 fee will apply.