

ayc

HEALTH FITNESS

2021 Rates

All of our **Personal Training** and **Pilates** sessions take place in our **Private Studios with just you and your trainer.**

One-on-One Sessions*

*Virtual and 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.



We keep all of our **In-Studio Classes** small to maintain a safe distance. It also allows 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

913-642-4437

info@AYCfit.com

Classes

In-Studio Barre
Virtual Barre
In-Studio HIIT
Virtual HIIT
Virtual Yoga

GroupFit Package

Pays for **Barre, HIIT, 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

Unlimited packages may not be shared.

5, 10, 20, 30-Class 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.