

ayc

HEALTH FITNESS

2022 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	\$80
10-Pack	\$775
20-Pack	\$1500
40-Pack	\$2900
80-Pack	\$5500

30-Minute Sessions

Single Session	\$60
10-Pack	\$580
20-Pack	\$1125
40-Pack	\$2175

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 our **In-Studio Classes** small to maintain a safe distance. It also allows you to receive the attention you need for maximum benefits. Classes are ongoing so start any time!

All classes are suitable for beginners as well as advanced students. Each movement 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

GroupFit Classes

In-Studio HIIT
Virtual HIIT
Virtual Yoga

GroupFit Packages

Pays for 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.

[You can book classes on MindBody.](#)