

# MENU OF SERVICES



- A LA CARTE / \$150 / session
- DUET SESSION / + \$75

## PERSONAL TRAINING

60 minutes

Whether you are just getting back to the gym or you need a little extra push, you have the guidance and expertise of our industry leading specialists at your disposal. FLX is proud to offer an introductory training rate for our post-pandemic relaunch through 2021.

## PERSONAL YOGA

60 minutes

Tailored yoga flow with your private instructor to enhance your poses, provide tips on alignment, cue breathing, and offer spiritual intention.

## MEDITATION

60 minutes

Let go of life's daily stresses with your private mind/body instructor and learn strategies for applying meditation to your daily life.

## MAT PILATES

60 minutes

Improve posture and maximize the benefit of targeted movements to build core strength, flexibility, and improve balance/stability.

## SPORTS SPECIFIC TRAINING

60 MINUTES

Work one-on-one with our fitness experts who specialize in your sport or area of interest in order to achieve your peak level of athleticism. Focusing on form, technique, and overall conditioning.

## AQUA THERAPY

60 minutes

Whether you are recovering from an injury or just looking to improve your range of motion, build strength in a non-impact fashion.

Select services to be offered in the fall.

In case of cancellation, the client must contact FLX in advance of the scheduled session.

Canceling within 24 hours of the upcoming session will be considered a late cancel and the client forfeits the entire monetary value for that session. Subject to a trainer's availability, the client can change the start time of his/her session 30 minutes prior to or after the initially scheduled time without charge. If the session start time is changed outside of the aforementioned time frame, it is considered a new session, and the client will be charged for both the original and newly scheduled session.

## ADDITIONAL SERVICES AND RATES

### SEMI-PRIVATE TRAINING

60 minutes

Have your own custom expert trainer with your friends and fellow residents to get the benefit of lifestyle/nutrition coaching and a full weekly workout program. Requires a minimum of 3 clients in order to conduct a semi-private training.

#### 4-WEEK SESSION

Meets 2x per week,  
\$600 / person

#### 8-WEEK SESSION

Meets 2x per week,  
\$1100 / person

### FITNESS ASSESSMENT

Work with an expert to get a detailed fitness assessment and establish a baseline for proper movement and overall fitness level. Complimentary for personal training clients.

### NUTRITION

Meet with a certified nutritionist to discuss your eating habits and health concerns. Set individualized, sustainable goals and create healthy habits that will nourish your body and help you perform at your very best.

**\$300 / 90-minute initial consultation**

**\$175 / 45-minute follow-up consultation**

### FAT REDUCTION

Work with one of our health coaches to balance your macronutrients to create a plan tailored to your body's individual needs.

**\$200 / 60-minute initial consultation**

**\$100 / 30-minute follow-up consultation**

### 4-WEEK NUTRITIONAL COACHING

Learn how to orchestrate food to optimize your health in this 4-week course led by our nutrition specialist. You will learn to decode labels, shop for healthier options, make adjustments to your favorite take out/restaurant dishes so they continue to fit in your lifestyle. Go over new lifestyle changes, create quick and nutrient dense recipes, and troubleshoot any challenges you may be having on the program.

2 CLASSES PER WEEK

**\$1000 / 8 x 60 minutes**

### BODY COMPOSITION ANALYSIS

**\$50**

Meet with one of our experts and have your body fat percentage calculated and establish a baseline for your goals.