



Price Sheet for Waller Creek Boathouse

- \*Please see **CLASS SCHEDULE** to purchase punch cards.
- \*Punch Cards may be picked up on first class day, please bring your receipt.
- \*Punch cards must be presented to your instructor at the beginning of each class.
- \*Lost punch card replacement fee \$10.00.
- \*Punch Cards must be used before the expiration date.

**Fitness Classes:**

Waller Creek Boat house Classes	Intro 2 Class Card	4 Class Card	6 Class Card	8 Class Card	Unlimited Month Card	Drop In Class Fee
Power to Perform Fitness Classes	\$40	\$80	\$120	\$160	\$216	\$20

Waller Creek Boat house Classes <b>ARC MEMBERS DISCOUNT</b>	Intro 2 Class Card	4 Class Card	6 Class Card	8 Class Card	Unlimited Month Card	Drop In Class Fee
Power to Perform Fitness Classes	\$36	\$72	\$108	\$144	\$180	\$20

**Personal Training Services:**

<b>Personal Training</b>	
Private Sessions - In studio or In home	\$100
1 month personal training package – 1 x 1hr. / wk.	\$320
1 month personal training package – 2 x 1hr./ wk.	\$600
1 month personal training package – 3 x 1 hr./ wk.	\$840
<b>Self-Training Programs -</b>	
4 Week Program design w/ 2x lift/wk.	\$125
6 Week Program design w/ 2x lift/wk.	\$150
8 Week Program design w/ 2x lift/wk.	\$175

**Additional Services:**

<b>Nutritional Services</b>	
Initial consult and evaluation - 1hr. 30 min.	\$150
Follow-up consults – 45 min.	\$100
Tune Up consult – 30 min.	\$50
Development of meal program – 4 sessions (including Initial consult and Evaluation)	\$375

\*Note: Meal program package sessions expire after 2 months of purchase date. No refunds.

<b>Massage Therapy Services</b>	
15 min. Chair Massage	\$20
30 min. Chair Massage	\$40



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