

**PHYSIQUE KINETICS LLC
2019 SESSION RATES INFORMATION**



WEEKLY RATES

PRIVATE TRAINING SESSIONS 60 min or 45 min

REFORMER, TRAPEZE, CHAIR, SPINE CORRECTOR, LADDER BARREL

ONE HOUR SESSION RATES

- (1) 60 MINUTE SESSION: **TOTAL: \$75**
- (2) 60 MINUTE SESSIONS: **TOTAL: \$140**
- (3) 60 MINUTE SESSIONS: **TOTAL: \$200**

FORTY-FIVE MINUTE SESSION RATES

- (1) 45 MINUTE SESSION : **TOTAL: \$60**
- (2) 45 MINUTE SESSIONS: **TOTAL: \$120**
- (3) 45 MINUTE SESSIONS: **TOTAL: \$165**

COMBO OPTION:

- (1) 45 MINUTE SESSION+ (1) 30 MINUTE MAT SESSION: **TOTAL: \$80**

WEEKLY RATES PRIVATE TRAINING SESSIONS PILATES MAT

- (1) 30 MINUTE MAT SESSION: **TOTAL: \$25.00**
- (2) 30 MINUTE MAT SESSIONS: **TOTAL: \$40.00**

(MAT includes Therabands/Spine Corrector/Bosu Ball)

