

## Personal Training

<b>Michelle</b> 1 Hour Private Session	\$45
<b>Michelle</b> ½ Hour Private Session	\$30
<b>Michelle</b> 1 Hour Semi-private Session	\$30 pp
<b>Joey</b> 1 Hour Private Session	\$40
<b>Joey</b> ½ Hour Private Session	\$25
<b>Joey</b> 1 Hour Semi-private Session	\$25 pp
<b>Nicole</b> Hour Private Session	\$45
<b>Nicole</b> ½ Hour Private Session	\$30
<b>Nicole</b> 1 Hour Semi-private Session	\$30 pp
<b>Britt</b> 1 Hour Private Session	\$45
<b>Britt</b> ½ Hour Private Session	\$30
<b>Britt</b> 1 Hour Semi-Private Session	\$30 pp

## Massage Therapy

(Nicole and Flo)

1 Hour Massage Session	\$55
½ Hour Massage Session	\$35
1 ½ Hour Massage Session	\$70

## Pilates (Michelle)

1 Hour Private Pilates	\$50
½ Hour Private Pilates	\$30
½ Hour Semi- Private Pilates	\$30 pp

Non-LTC Members add \$5/session for every price listed