



PRICE LIST

Effective March 1, 2022

Current pricing effective until Feb-28-22. Passes purchased by Feb-28-22, 1 year expiry honoured until Feb-28-23.

New pricing in effect Mar-1-22 - Passes purchased from Mar-1-22, 1 year expiry from date of purchase.

Policy and Practice

- > COVID-19 public health and workplace safety measures current and in effect
- > waiver as of Mar-22, acknowledge and agreed
- > late cancel in effect, please contact your instructor directly
- > pricing does not include HST
- > session passes are non-transferable

Online Policy and Practice

- > links to sessions will be sent by email
- > sessions will be recorded for distribution to participants ONLY
- > individuals use their own equipment and or props

NEW Clients

- > Initial Private Session is 75 minutes to include Assessment for programming

Private Sessions

Specific programming, specialized to individual needs and as requested.

- > large equipment, small equipment and/or props may be used
- > dress comfortably for ease of movement, bring your own water bottle

	1x Pass \$ per pass	5x Pass \$ per pass	10x Pass \$ per pass
PRIVATE - 1 person			
45 minute session	74	339	619
60 minute session	84	389	729
75 minute Initial Session with Assessment	89		
PRIVATE - 2 people			
45 minute session	43	199	369
60 minute session	47	214	399
PRIVATE - 3 or 4 people			
45 minute session	32	149	289
60 minute session	36	169	329
PRIVATE - 1 person - Live ONLINE			
45 minute session	64	309	594
60 minute session	74	359	699

*** all pass fees are per person