



Fitness Service Rates

New Client Discount: 10% OFF - Valid for First Time Purchase Only!

Workout Duration	In-Home (On Location) Workout	In-Studio Workout	In-Studio Video Workout	In-Home (On Location) Video Workout
30 Minute Workout	\$85.00	\$75.00	\$65.00	\$55.00
45 Minute Workout	\$100.00	\$90.00	\$80.00	\$70.00
60 Minute Workout	\$115.00	\$105.00	\$95.00	\$85.00
75 Minute Workout	\$130.00	\$120.00	\$110.00	\$100.00
90 Minute Workout	\$145.00	\$135.00	\$125.00	\$115.00

In-Studio Group Workout Class: \$30.00 per Class

LiveStreaming Group Workout Class: \$25.00 per Class

In Person Fitness Consultation + Demo Workout: \$75.00

Personalized Fitness Program: \$175.00

Fitness Evaluation Test: \$150.00

Metabolism Test: \$200.00

- *You may prepay/purchase as few or as many workouts as you choose.*
- *Payments can be made electronically via Zelle, PayPal, Venmo, CashApp*
- *Payments can be made via Check or Money Order made payable to Mind N Body Fitness*
- *Payments can be made via Credit Card or Debit Card (5% surcharge will be incurred).*
- *Prepaid workouts are only valid within the actual year of purchase; any unused workouts will be forfeited.*
- *Prepaid workouts can be transferred to a family member or friend for use within the actual year of purchase.*
- *All Sales Are Final. Absolutely no refunds for unused workouts shall be given unless a medical letter is provided!*
- *To Cancel a scheduled workout, you must call or text within 4 hours or the workout will be forfeited!*
- *Scheduled trainings must begin promptly! Please be on time in order to make full use of the allotted time. Your lateness time will be deducted from the actual training session time.*
- *All Rates and Discounts are subject to change!*