

## PRICING

### SINGLE PERSON

#### 55-MIN. SESSION - SINGLE PERSON

Single	<b>\$75</b>
Package of 10	<b>\$655</b>
Package of 20	<b>\$1210</b>

#### 30-MIN. SESSION - SINGLE PERSON

Single	<b>\$45</b>
Package of 10	<b>\$405</b>
Package of 20	<b>\$710</b>

### BUDDY

#### 55-MIN. SESSION - BUDDY

Single	<b>\$100</b>
Package of 10	<b>\$800</b>
Package of 20	<b>\$1500</b>

#### 30-MIN. SESSION - BUDDY

Single	<b>\$70</b>
Package of 10	<b>\$550</b>
Package of 20	<b>\$1000</b>

- Clients must cancel session at least **12 hours** in advance to avoid cancellation fees.
- No-shows count as a session.
- Late arrivals, time is taken from session.
- All sessions or classes remaining after the expiration date are forfeited.
- **All payments are final.**

## SERVICES

### PILATES

Create a leaner body with pilates. Your session will be with a highly certified instructor utilizing all of the pilates equipment. Pilates focuses on core strength, balance, alignment and coordination and is highly beneficial to everyone from professional athletes to post-rehab and seniors.

### PERSONAL TRAINING

Our staff will help you define and attain your goals by utilizing various modalities including strength training, plyometrics, post-rehab, and sports specific training.

### GROUP FITNESS

Zero Gravity Fitness offers the most effective group fitness classes in an intimate atmosphere with highly qualified instruction. Experience group fitness the way it was meant to be. *Spaces are limited.*

### GROUP REFORMER

Take part in pilates class on the reformer. Our classes are fifty-five minutes and are limited to seven participants.

- *Prenatal Pilates sessions are available upon request.*



## GROUP FITNESS

Experience our professional approach to group fitness.

#### CARDIO BARRE • MAT PILATES • YOGA RUSSIAN KETTLEBELL • SUPERFLEX™

Half-hour class	<b>\$10</b>
Hour class	<b>\$15</b>
One month unlimited classes	<b>\$75</b>
AUTOPAY month unlimited classes	<b>\$65</b>

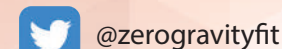
### GROUP REFORMER

55 minute class with a max of 7 clients on the reformer apparatus.

Intro 1/2 hour session*	<b>\$45</b>
Single session	<b>\$28</b>
Package of <b>12</b> classes	<b>\$288</b>

\*Prior to participation in a group class, it is necessary to complete a 1/2 hour intro session with an instructor. During this time, clients are instructed on basic Pilates form and introduced to the Reformer apparatus.

## SOCIAL MEDIA



@zerogravityfit



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www.facebook.com/zerogravityfitnesswindermere