

## 30 MINUTE SESSIONS

**SINGLE SESSION - \$53.80**

**6 WEEKS X \$48.76 PER WK  
\$292.60 UPFRONT**

**12 WEEKS X \$44.52 PER WK  
\$534.30 UPFRONT**

**20 WEEKS X \$43.57 PER WK  
\$871.50 UPFRONT**

**52 WEEKS X \$40.00 PER WK  
\$2080.00 UPFRONT**

**\*CONTACT STEVE FOR  
NON-MEM PRICES**

**\*H&F MEMBERS RECEIVE 10%  
DISCOUNT ON ALL 6, 12 & 20 PACKS.**

## 60 MINUTE SESSIONS

**SINGLE SESSION - \$80.50**

**6 WEEKS X \$71.15 PER WK  
\$426.90 UPFRONT**

**12 WEEKS X \$68.65 PER WK  
\$823.80 UPFRONT**

**20 WEEKS X \$61.80 PER WK  
\$1236.10 UPFRONT**

**52 WEEKS X \$57.50 PER WK  
\$2990.00 UPFRONT**

**\*LAUNCH PACK - 3 X 1HR PT  
SESSIONS - \$160.00**

**\*T&C'S APPLY**