

## FEE SCHEDULE as of March 31, 2011

All prices in CAD. GST will be added to all prices. All Packages Expire after 6 Months. We accept Visa, Mastercard, Debit/Interac and Cash.

[Return to our website for complete terms and conditions.](#)

Introductory Private Session Packages	Description: 1 client per Certified Instructor	Price: Per Person
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Introductory/Orientation Session	Single session + complimentary mat class	\$ 65
Introductory 5 session Package	5 private sessions + a complimentary mat class	\$ 315
Introductory 10 session Package	10 private sessions + 2 complimentary mat classes	\$ 600

Introductory Semi-Private Session Packages	Description: 2-3 clients per Certified Instructor	Price: Per Person
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Introductory/Orientation Session	Single semi-private session + complimentary mat class	\$ 41
Introductory 5 session package	5 semi-private sessions + a complimentary mat class	\$ 200
Introductory 10 session package	10 semi-private sessions + a complimentary mat class	\$ 380

Private Session Packages	Description	Price Per Person
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### Instructor Type Legend:

**CI = Certified Instructor:** has passed certification examinations; certification status is current

**AI\* = Apprentice Instructor:** has completed coursework and passed a teaching assessment, working toward the examination process; **\*availability is not guaranteed and varies**

**IT = Instructor Trainer:** Elite certification status above a regular certified instructor; is trainer of instructors and examiner for instructor certification.

Single Private Session:	55 mins - CI	\$ 71
	55 mins - AI*	\$ 46
	55 mins - IT	\$ 85

5 Private Sessions Package:	CI	\$ 345 (\$69/ssn)
	AI*	\$ 220 (\$44/ssn)
	IT	\$ 415 (\$83/ssn)

10 Private Sessions Package	CI	\$ 650 (\$65/ssn)
	AI*	\$ 420 (\$42/ssn)
	IT	\$ 810 (\$81/ssn)

20 Private Sessions Package	CI	\$ 1260 (\$63/ssn)
	IT	\$ 1580 (\$79/ssn)

40 Private Sessions Package	CI	\$ 2440 (\$61/ssn)
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Self Directed Sessions	Description	Price Per Person
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To ensure safety, individuals must be approved by management to work independently. Call for details.

Single	Must Pre-Arrange Time	\$ 25
10 Session package	Must Pre-Arrange Time	\$ 210
Monthly Unlimited	One month expiry	\$ 175

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Semi-Private Session Packages	Description	Price Per Person
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Semi privates are two to three participants per instructor; participants must arrange for a partner to attend with them.

Single Semi -Private Session	CI	\$ 45
	AI	\$ 36
	IT	\$ 54
5 Semi-Private Sessions Package	CI	\$ 215 (\$43/ssn)
	AI	\$ 170 (\$34/ssn)
	IT	\$ 250 (\$50/ssn)
10 Semi-Private Sessions Package	CI	\$ 410 (\$41/ssn)
	AI	\$ 320 (\$32/ssn)
	IT	\$ 480 (\$48/ssn)
20 Private Sessions Package	CI	\$ 780 (\$39/ssn)
	IT	\$ 920 (\$46/ssn)
40 Semi-Private Sessions Package	CI	\$ 1480 (\$37/ssn)

Small Group Sessions	Description	Price Per Person
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Classes are by registration to promote consistent progression and proper application of fundamentals. Prices for group classes vary depending on length of registered session.

Group Mat classes are restricted to 9 participants and equipment classes are restricted to 4 participants. Spots fill quickly.

For classes that are marked \*OPEN for drop-in, please refer to the [class schedule](#).

Please refer to our [studio policies page](#) for info on missed classes.

Custom classes are a minimum of 10 registered classes.

Registered Mat starting at 10wks	Mat based classes	Starting at \$ 160
Registered Equipment starting at 10 wks	Apparatus based classes	Starting at \$ 270
Drop in Mat Classes	Restricted to Mat classes marked *OPEN	\$ 18
10 Mat Class Card	Restricted to Mat classes marked *OPEN	\$ 180
10 Class Card - Custom (Pre-organized, no Drop in)	For self organized groups of 3 or more requesting custom sessions on apparatus	\$ 270