



## PERSONAL TRAINING

1 (1/2 hr.) session	\$ 40.00
10 (1/2 hr.) sessions	\$ 375.00
20 (1/2 hr.) sessions	\$ 699.00
1 (1 hr.) session	\$ 70.00
10 (1 hr.) sessions	\$ 625.00
20 (1 hr.) sessions	\$ 1199.00

*\*All Personal Training Packages include Gym Memberships for the duration of your package*

## SPORTS PERFORMANCE

<b>PRIVATE</b> (1 hour)	\$ 70.00
6 session package	\$ 390.00
12 session package	\$ 720.00
24 session package	\$ 1320.00
<b>GROUP</b> (1 hr, 2-5 people)	\$ 50.00
6 session package	\$ 300.00
12 session package	\$ 540.00
24 session package	\$ 960.00

*\*All Sports Performance Packages include an Initial Fitness Assessment*



## GYM MEMBERSHIPS

Monthly Membership**	\$ 25.00
Corporate Rate (4 or more employees)**	\$ 20.00
Family Rate (2 or more people)**	\$ 20.00
Student Rate (ID required)**	\$ 20.00

**\*\* (Electronic Funds Transfer ONLY)**

3 Month Membership	\$ 66.00
6 Month Membership	\$ 120.00
Walk-In Daily Rate	\$ 10.00

<b>HAUPPAUGE</b>	<b>EAST SETAUKET</b>
611 Old Willets Path Suite 105 Hauppauge, NY 11788 Phone: 631-232-5350	12 Technology Drive Unit 12-2 East Setauket, NY 11733 Phone: 631-444-5041

### **Hauppauge Hours:**

Mon.-Thu.	6AM – 9PM
Fri.	6AM – 8PM
Sat.	7AM – 3PM

[www.bodyinbalancephysicaltherapy.com](http://www.bodyinbalancephysicaltherapy.com)



## FITNESS ASSESSMENTS

Personal Training Assessment	\$ 70.00
Wellness Assessment	\$ 100.00

## PILATES

### **PRIVATE**

1 session	\$ 75.00
6 sessions	\$ 432.00
12 sessions	\$ 816.00
24 sessions	\$ 1488.00

### **GROUP MAT CLASS**

Per Class Rate	\$ 12.00
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*\*See Schedule for Pilates Mat Class Details*

## SENIOR FITNESS (AGES

60+)

<b>PRIVATE</b> (1 hour)	\$ 15.00
<b>GROUP</b> (1 hour)	\$ 10.00

*\*30' Directed/Supervised Strength Training  
30' Independent Cardiovascular Training*

## MASSAGE

Half Hour session	\$ 30.00
One Hour session	\$ 55.00

*Massage E. Setauket*

*Please note: Upon signing up, photo ID is required*