



Healthy Habits
Fitness & Yoga Studio

Menu of Services

Personal Training- Fitness, Yoga or Pilates

One Session- \$75 5 Sessions- \$350 (\$70/session) 10 Sessions- \$600 (\$60/session) 20 Sessions- \$1100 (\$55/session)

Partner Personal Training- 2 people sharing trainer

One Session- \$100 5 Sessions- \$450 (\$90/session) 10 Sessions- \$800 (\$80/session) 20 Sessions- \$1400 (\$70/session)

BootCamp/Group Personal Training- Share the Trainer and Save

We have existing Groups at various times, or create your own with a group of friends/coworkers. Call us for current openings and details. \$100-\$200/month

Healthy Lifestyle and Weight Management Programs

Learn to be Lean Program Nutritional Cleansing Programs Life Coaching with Donna Webb

Drop-In Classes

Choose either a J Street or H Street Studio Package for Drop in Classes- All packages have 3 month expiration.

Drop in- \$15/class 10 Class Package- \$120 20 Class Package- \$200

Pilates Apparatus Classes at The Pilates Studio on H Street

One Class- \$35 5 Class Package- \$150 10 Class Package- \$250

Memberships for Unlimited Classes

Platinum Membership- \$99/month Includes Unlimited drop-in classes at J Street and at H Street- \$99/month on Autodues or \$150/month by month

The Pilates Studio Membership- \$199/month Includes Unlimited Classes at our H Street studio: Both Drop-in classes and Pilates Apparatus Classes- \$199/month on Autodues or \$250/month by month

Healthy Habits Elite Membership- \$249/month Includes Unlimited Classes at both studios- all classes included- \$249/month on Autodues or \$299 month by month

(Autodues is monthly credit card payment and 12 month agreement)

Healthy Habits Fitness, Yoga and Pilates Studio 2224 J Street, Sacramento **916-444-7729**

The Pilates Studio by Healthy Habits 5363 H Street, Sacramento **916-457-7700**

www.HealthyHabitsStudio.com