

# Body Kneads Boutique Fitness & Personal Training

1050 Hamilton Station Blvd. #103 Lebanon, TN 37087 615.449.2159

## Group Fitness Classes

1 Mo Unlimited	\$109 / month	\$9.09 avg per class
3 Mo Unlimited	\$99 / month	\$8.25 avg per class
6 Mo Unlimited	\$89 / month	\$7.42 avg per class

Platinum Membership \$899 yr. \$5.77 avg per class

Unlimited classes | 6 guest passes yr. | 10% off Spa Services

## Intro OFFER

**\$99 for six weeks—New Clients—1 pkg per person**

5 Sessions \$89 exp 35 days

10 Sessions \$149 exp 60 days

20 Sessions \$239 exp 140 days

Drop In Rate \$19 per class

***Inaugural Memberships Available***

***Purchase a 3 month pkg. @ \$387***

***receive 2 months FREE***

***Avg per class \$6.45***

(With Option to Renew for two years at this rate)

## Personal Training

Private Session \$65 per person

Semi Private Session \$50 per person

\* Ask about our all access pass which includes use of training room, FREE drip coffee at Body Kneads Coffee Co, and 10% off all services at Body Kneads Day Spa!

\* Avg \$ per class based on three visits per week