AGELESS FITNESS

MONTHLY FITNESS MEMBERSHIPS

One Visit Per Week

$220

30 Minute One-on-One

- ✓ **Monthly Progress Check**
- ✓ **Balance**
- ✓ **Strength**

Two Visits Per Week

$400

30 Minute One-on-One

- ✓ **Monthly Progress Check**
- ✓ **Balance**
- ✓ **Strength**
- ✓ **Cardio**

best value

Three Visits Per Week

$540

30 Minute One-on-One

- ✓ **Monthly Progress Check**
- ✓ **Balance**
- ✓ **Strength**
- ✓ **Cardio**
- ✓ **Flexibility**

*All programs are customizable and will be built at the time of consultation.

Ageless Fitness • 1425 State St. Santa Barbara CA 93101 • (805) 364-2017 • www.agelessfit.us

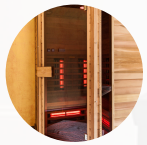
SERVICES & PRICING

Core Services

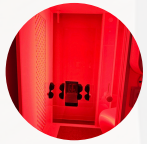
Therapeutic Exercise

Classes and Groups

Compression Boots



Infrared Sauna
Coming Soon!



Red Light Therapy
Coming Soon!

Ask us about our current promotions!

Therapeutic Exercise

Initial Consultation $200
Required for Therapeutic Exercise and Small Group Training. Consult fee includes Free 1-hour Discovery session.

One-on-one Therapeutic Exercise

60 Minutes $110
30 Minutes $65

★ Personal Training Packages

5 Sessions $475
10 Sessions $900
*60-minute sessions, pacakge expires in 90 days

Group Classes + Memberships

Drop-In Class $39
4 classes $130
8 classes $240
Unlimited classes $330

Wellness and Recovery

Compression Therapy $15
Red Light Therapy $20
Infrared Sauna $25
Monthly Wellness Membership $225