

OAK PARK PRICING

Private Training

\$110/hr

On-site

\$125/hr

West Side Off-site

\$165/hr

Palisades/Bel-Air

Monthly Class Rates

	Unlimited	3 Classes/wk	2 Classes/wk
12 Month Agreement	\$295*	\$265	\$200
4 Month Agreement	\$310	\$275	\$210
No Contract**	\$325	\$300	\$250

*Couples receive 50% off second 12 month unlimited agreement.

**New members must sign a 4 or 12 month agreement.

DETAILS

Private Training + Group Class

The Oak Park group class is designed to help people establish an integrated physical practice based on functional movements, varied intensity, and context. Class size is limited so students can contribute to the group atmosphere positively. Since everyone has a different starting point, each student preps for group classes with a primary coach in private training. Students who have been cleared for group class may attend both group and specialty classes.

Drop In/Class Packs

Drop in visitors are welcome to participate in group and specialty classes once they speak to a primary coach about their experience. Oak Park members may purchase class packs at the drop in rate to supplement their membership package. The rate is \$30/class.

Specialty Classes

Specialty classes allow people to focus on one aspect of their overall practice. Participation does not require extensive preparation but may require an individual evaluation.

Special Programs

Special programs are separate from class memberships. To learn more, please speak to a coach.