



AYB Fitness Pricing 2019

MEMBERSHIPS:

In addition to classes, our Group Class and Small Group Strength memberships include free: one body composition measurement per quarter, monthly nutrition classes, food diaries via Healthie app with weekly monitoring by a Registered Dietitian, and an AYB online support community.

Group Classes

Unlimited Performance, Foundations and Flexibility classes. Youth classes included in couple & family rate.

Single: \$90/month autodraft OR
\$972 paid in full check
Couple : \$120/month autodraft OR
\$1,296 paid in full check
2 people in the same household
Family: \$150/month autodraft OR
\$1,620 paid in full check
4 people in the same household

Small Group Strength Add-On

Group class members are eligible to **add on** unlimited small group strength training at a discount.

Per person: \$50/month autodraft OR
\$540 paid in full check

Small Group Strength

Unlimited AYB Strength classes ONLY

Per person: \$100/month autodraft OR
\$1,080 paid in full check

Youth Only

Unlimited AYB Youth classes

Per person: \$65/month autodraft

DROP IN AND PUNCH CARDS:

We have drop in rates and class punch cards for those that do not wish to have an autodraft account.

Performance, Foundations, Flexibility, Youth

One class: \$15
10 Class Punch Card: \$100

Small Group Strength

One class: \$15
10 Class Punch Card: \$125

PERSONAL TRAINING:

30 minute Sessions

One session: \$35
10 Session Punch Card: \$315

45 minute Sessions

One session: \$45
10 Session Punch Card: \$405

60 minute Sessions

One session: \$55
10 Session Punch Card: \$495

5+ training 45 minute Session

up to 5 people at a session
One session: \$60
10 Session Punch Card: \$550

In Home or On Site Sessions

2 person maximum
30 minute session: \$50
60 minute session: \$100

Running Coaching

\$15/week
\$60/4 weeks autodraft



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INTRODUCING NEW

AYB ALL ACCESS PACKAGE:

This pricing option allows you to attend unlimited strength and group classes as well as have access to our EatLove monthly subscription at a discounted rate!

- Single: \$180/month autodraft OR
\$2,052 paid in full check
- Couple: \$256/month autodraft OR
\$2,918 paid in full check
2 people in the same household
- Family: \$380/month autodraft OR
\$4,332 paid in full check
4 people in the same household

METABOLIC AND

CARDIOVASCULAR TESTS:

Tests that assist your dietitian and/or trainer to better personalize your program.

Resting Metabolic Rate Testing	\$60
VO2 Max Testing	\$125

Please note: AYB does not issue cash or check refunds on payments in full for memberships, add-ons or all access packages. We understand that unforeseen issues may arise and will consider account credit on a case by case basis. Thank you!