

JUNIOR TRAINER SESSION

PERSONAL TRAINING/PILATES



1P

Individual Session

55 MIN

Trial	\$80
45 MIN 3 MONTHS VALID	
12 Sessions	\$1,440
4 MONTHS VALID	
24 Sessions	\$2,760
8 MONTHS VALID	
36 Sessions	\$3,960
12 MONTHS VALID	
48 Sessions	\$5,040
18 MONTHS VALID	



2P

Duet Session

55 MIN

Trial	\$120
45 MIN 3 MONTHS VALID	
12 Sessions	\$1,920
4 MONTHS VALID	
24 Sessions	\$3,600
8 MONTHS VALID	
36 Sessions	\$5,040
12 MONTHS VALID	

SENIOR TRAINER SESSION

PERSONAL TRAINING/PILATES



1P

Individual Session

55 MIN

Trial	\$80
45 MIN 3 MONTHS VALID	
12 Sessions	\$1,680
4 MONTHS VALID	
24 Sessions	\$3,240
8 MONTHS VALID	
36 Sessions	\$4,680
12 MONTHS VALID	
48 Sessions	\$6,000
18 MONTHS VALID	



2P

Duet Session

55 MIN

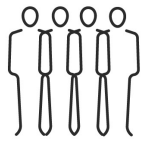
Trial	\$120
45 MIN 3 MONTHS VALID	
12 Sessions	\$2,160
4 MONTHS VALID	
24 Sessions	\$4,080
8 MONTHS VALID	
36 Sessions	\$5,760
12 MONTHS VALID	

ALL PRICES ARE SUBJECT TO TAX

GROUP SESSION (REFORMER ONLY)

小组课（仅限核心床）

PILATES 普拉提



3-4P/人

Group Session

小组课

55 MIN

12 Sessions \$720

4 MONTHS VALID

24 Sessions \$1,320

8 MONTHS VALID

36 Sessions \$1,800

12 MONTHS VALID

JAY HE SESSION

何老师普拉提课程



1P 单人

Individual Session

55 MIN

Single Session \$150

单节课

FLAT RATE

55 MIN



2P 双人

Duet Session

55 MIN

Single Session \$200

单节课

FLAT RATE

55 MIN

STRETCHING拉伸/MASSAGE按摩/

ACUPUNTURE针灸/MYOFASCIAL RELEASE筋膜放松 SESSION



1P

Individual Session

55 MIN

Trial \$60

30 MIN

3 MONTHS VALID

1 Session \$150

4 MONTHS VALID

5 Sessions \$700

4 MONTHS VALID

10 Sessions \$1,300

8 MONTHS VALID



1P

单人

55 分钟

体验课 \$60

30 分钟

3 个月有效

1 节课 \$150

4 个月有效

5 节课 \$700

4 个月有效

10 节课 \$1,300

8 个月有效

长期充值活动

购买**\$5000**储值卡，额外赠送**\$750**储值
(购买储值卡可享受私教或普拉提种类的最低单价)

ALL PRICES ARE SUBJECT TO TAX

ACME
Fitness & Pilates