

no nonsense.

PRICE LIST

Fitness Classes

Casual Rates:		Memberships:	Billed Weekly	<i>Premium Memberships and add on's available</i>
Single Class	\$44	2 classes/week	\$49	
5 Pack	\$195	3 classes/week	\$64	
10 Pack	\$335	4 classes/week	\$74	
20 Pack	\$620	5 classes/week	\$81	
1 Week Unlimited	\$115	7 classes/week	\$97	
1 month Unlimited	\$360			

5 Packs have an expiration of 3 months, 10 packs have an expiration of 6 months, 20 packs have an expiration of 9 months. Packs cannot be shared.

Any unused may be re-activated for a \$15 administration fee

Personal Training, Pilates, MovNat, Yoga

	Standard	Senior	Director	Standard 10 Pack	Senior 10 Pack	Director 10 Pack
30 minutes	\$79	\$85	\$90	\$749	\$800	\$850
45 minutes	\$113	\$122	\$131	\$1,080	\$1,170	\$1,260
60 minutes	\$147	\$159	\$172	\$1,420	\$1,550	\$1,670

10 packs have an expiration of 6 months and cannot be shared. Any unused may be re-activated for a \$15 administration fee

Massage Therapies

	Standard	Senior	Director		Standard	Senior
Remedial Massage				Energetics & Massage		
30 minutes	\$80	\$85	\$90	90 minutes	\$218	\$233
45 minutes	\$113	\$122	\$131	Thai Remedial		
60 minutes	\$148	\$160	\$172	60 minutes	\$148	
75 minutes	\$182	\$195	\$210	90 minutes	\$218	
90 minutes	\$218	\$233	\$246	120 minutes	\$270	
120 minutes	\$270	\$290	\$299	Scar Flow Therapy		
Cupping Massage				90 minutes		\$233
30 minutes	\$80		\$90	Aromatherapy		
45 minutes	\$113		\$131	75 minutes	\$220	
Dry Needling & Remedial				90 minutes	\$246	
Massage				Remedial Crystal		
75 minutes		\$195	\$210	Healing		
90 minutes		\$233	\$246	60 minutes	\$187	
Lymphatic Massage				75 minutes	\$220	
90 minutes	\$218	\$233	\$246	90 minutes	\$246	
120 minutes	\$270	\$290	\$299			

no nonsense.

Injury Clinic

Initial Consultation (45 minutes)	\$150
Follow Up Short (30 minutes)	\$102
Follow Up Standard (45 minutes)	\$150
Follow Up Extended (60 minutes)	\$190
Rehab 30 minutes	\$102
Rehab 45 minutes	\$150

Counselling & Mentoring

Counselling	\$148 (60 minutes)
Mentoring	\$148 (60 minutes)

Kinesiology

Initial Consultation (90 minutes)	\$210
Subsequent Treatments (75 minutes)	\$170

Reiki

60 minutes	\$150
75 minutes	\$183

Red Light & Infrared Therapy

Initial Session	\$45
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Casual Rates:

Single Session	\$35
10 Pack	\$250

Memberships:

3 sessions/week

Billed Weekly

\$49

10 packs have an expiration of 6 months and cannot be shared. Any unsued may be re-activated for a \$15 administration fee

Breathwork

Deep Meditative Breathwork Initial (90min)	\$150
Deep Meditative Breathwork (60min)	\$120
Integrative Breathwork Initial (60min)	\$120
Integrative Breathwork (30mins)	\$70

Zenthai Shiatsu

30 minutes	\$80
60 minutes	\$148
90 minutes	\$218

No-Tox Facial Therapy Massage

30 minutes	\$150
60 minutes	\$170

no nonsense.

Health Coaching

Wellness Consultations (30mins)	\$49
Health Coaching (60mins)	\$148

Nutrition

Initial Nutritional Consult (60mins)	\$197
Nutritional Consult (30mins)	\$100
Nutritional Consult (60mins)	\$197
6 Week Inflammation Reduction Program	\$2,500
12 Week Inflammation Reduction Program	\$5,000

Neuro Transformation Therapy

Neuro Transformation Therapy (90mins)	\$200
6 Week Total Health Breakthrough	\$2,500
12 Week Total Health Breakthrough	\$5,000

Products

Magnesium Oil Spray	\$28	Weighted Bracelets	\$35
Muscle Balm	\$40	Guasha Tool	\$18
Magnesium Relief Roller	\$45	Foam Roller	\$20
Magnesium Relax Roller	\$45	Theraband	\$15
Magnesium Bath Flakes	\$26	Trigger Ball	\$15
		No Nonsense Tees	\$35
		No Nonsense Sweatshirt	\$80
		No Nonsense Hoodie	\$99
		Water Bottle	\$25
		Towel	\$20
		Pilates Socks	\$20