



ProPilates
LIFESTYLE SOLUTIONS

SERVICES PRICE SHEET

INTRODUCTORY SPECIAL: 4 PRIVATE PILATES LESSONS \$280.00

Private Lessons – 60 Minutes
1 Lesson with Tonka Cascais \$125
1 Lesson \$88
10 Lessons \$824
20 Lessons \$1540
30 Lessons \$2250

Private Lessons – 30 Minutes
1 Lesson \$ 45
10 Lessons \$420

Duet Lessons (per Client)
1 Lesson \$62
10 Lessons \$567
20 Lessons \$1070
30 Lessons \$1560

Gyrotonic Program
1 Lesson \$98
10 Lessons \$950
20 Lessons \$1785
20 Universal Pilates/Gyrotonic \$1800

Private Yoga Lesson
1 Lesson \$100

Yoga Classes
1 Yoga Class \$15
10 Yoga Class ProPack \$125
30 Yoga Class ProPack \$300
60 Yoga Class ProPack \$550
100 Class ProPack \$800
Monthly Unlimited \$100*
*automatic bill pay only + one-time \$50 administrative fee.

Mat/Tower Classes
1 Mat/Tower \$22
10 Mat/Tower \$200
Unlimited Mat/Tower \$250

Tower/Reformer Classes
1 Class \$34
10 Classes \$300
Unlimited monthly series \$400 including Mat/Tower, Cardio Fit (Elliptical), Reformer and Tower classes.

Cardio Ballet Class
1 session \$18
12 sessions \$204
24 sessions \$395
36 sessions \$550
48 sessions \$670

Zumba
1 session \$15
10 sessions \$120
20 sessions \$200

Cardio Fit Program/Elliptical
Monthly fee \$79

ProNutrition and Weight Loss Program

Includes Initial Consultation, Customized Blood Test, Follow-up Consultation and Program Design.
Pricing Based on Individual Needs and Desired Results.

Massage Therapy Program
1 Hour Therapeutic Massage \$65 – \$85
4 Hour Therapeutic Massages \$320
1½ Hour Therapeutic Massage \$130
House Call \$125

M.A.T. Program
1 Hour Session \$125

Reflexology
1 Hour Session \$95
House Call \$125

Infrared Sauna
1 Month Unlimited \$150
Single Use \$45

IoniSlim and Weight Loss Treatments
1 Ionithermie Treatment \$150.00
3 Ionithermie Treatments \$435.00
6 Ionithermie Treatments \$840.00
10 Ionithermie Treatments \$1350.00
20 Ionithermie Treatments \$2550.00

Acupuncture*
Initial Treatment \$120
Follow-Up \$80
Infrared Heat Treatment \$20
PENS \$45
*Most Insurance Accepted.
Express Energy Treatment \$90 (includes B-12 Injection)
Acupuncture Face Lift \$150
Cupping \$45

Vitamin Injections
B-12, D3, Folic Acid (Each) \$30

Cosmetic Homeopathic Injections**
Face and Neck \$175
Body Treatments \$200 (cellulite, skin & tissue toning)
Local Tissue Toning \$100 (breasts, arms or gluteal area tissue toning)
Pain Management Biopuncture \$90
**\$35 per each additional ampule needed.

Nutrition Consultation
1 Hour Consultation \$50

Customized Eminence Organic Facial
60 Minute Customized Facial \$100

Peel and Lift Facial
60 Minute Facial Treatment \$120

Express Detox Facial
30 Minute Detoxifying Facial \$50

CatioVital Lift Facial Treatment
120 Minute Pilates for Face, Eyes and neck \$195

CatioVital or CatioLift Facial Treatment
60 Min. Vital Radiance for Face, Eyes & Neck \$120

Nu-Free Waxing

Eye brow shaping \$20	Lip or chin \$10
Bikini \$35	Brazilian \$55
½ Leg \$45	Full Leg \$65
Underarms \$20	Back \$65
Chest \$35	Arms \$30
Eyelash Tint \$25	Eyebrow tint \$20
Full Face (includes brows) \$45	

PROPIlates LIFESTYLE SOLUTIONS HOURS OF OPERATION

Monday–Friday: 6am – 8pm | Saturday: 7am – 3pm | Sunday: 10am – 2pm
We honor a 24-hour cancelation policy. To cancel appointments please call 954.767.8005

www.ProPilates.com

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