

HOLIDAY SPECIALS

2011

rootenergystudio

YOGA CLASSES

STOCK UP ON CLASSES FOR 2012

20 SESSIONS FOR \$179

30 SESSIONS FOR \$229

PRIVATE 75 MINUTE SESSION

for you or someone you love
\$45

CHAKRA INTENSIVE CLASS

YOGA/MEDITATION/LEARNING
NO PREVIOUS EXPERIENCE NEEDED

SATURDAY, JANUARY 14TH
8:30 - NOON - \$55

PERSONAL TRAINING

3 MONTH TRAINING KICK START

FOR YOU OR GREAT GIFT!

2 private session per week
work-out schedule & log
body fat testing & measurements bi-monthly

\$749

THE BUNDLE FOR A MONTH

1 personal training session each week
1 tabata class each week
1 yoga class each week

\$199

BODY TRANSFORMATION 2012

1 year of training - 1 session /week + program
\$159/MONTH

(or save another \$229) \$1679/ pre-paid for the year)

GROUPS/CLASSES

TABATA/JANUARY MONDAY 6:15PM

REGISTER EARLY AND SAVE!

\$40/PRE-PAY BY DEC 22

THE FRIENDS WORKOUT! - 2 TO 4 PEOPLE - PERSONAL TRAINING PACKAGE

10 SESSIONS (YOU SCHEDULE THE TIME)

\$14 PER PERSON PER SESSION FOR 4 FRIENDS

\$17 PER PERSON PER SESSION FOR 3 FRIENDS

\$20 PER PERSON PER SESSION FOR 2 FRIENDS

SCHEDULE A PRIVATE GROUP YOGA CLASS OR GROUP WORKOUT SESSION

UP TO 6 PEOPLE \$85

BRIDAL PARTIES, GIRLFRIEND GETAWAYS, TREAT FOR MOM AND DAUGHTERS'

CONTACT / SCHEDULEING

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Offers expire December 31, 2011 Gift Certificates Available