



PRICING

Updated: January 2021

TARDIGRADE CLASSES AND OBSTACLE COURSE

TYPE	COST
Drop-In	\$10/each
Individual Punch Card (12)*	\$65/each
Family Punch Card (12)*	\$95/each
Individual Monthly Unlimited	\$85/month
Family Monthly Unlimited	\$125/month

*Punch cards include 12 “punches”. One “punch” is good for all of the classes in that day (bootcamp, ninja warrior, youth fitness, yoga, HIIT, and use of the obstacle course). Individual punch cards are for one-person only. Family punch cards are for all family members living in the same household only. (Example: A family of 5 comes for boot camp and ninja warrior on Monday night. Mom and dad participate in boot camp, and then the three kids participate in ninja warrior. This would be “one punch” on a family punch card.) Punch cards are good for 2 months from date of purchase.



BECOMING BADASS AND BEYOND BADASS PROGRAMS



TYPE	COST
BECOMING BADASS PROGRAM: Nutrition counseling based on your goals; accountability group; weekly weigh-ins; monthly body composition analysis*. (Boot camps and training plans are a separate fee. VIRTUAL OPTION available!)	\$35/month
BEYOND BADASS PROGRAM: 6-week program! Small group (less than 4 people) one-hour strength training/lifting session 2x per week. Focus on both upper and lower body. Add-on the “Becoming Badass” Nutritional Counseling for only \$25 for the 6-week program!	\$185/6-week program
BODY COMPOSITION ANALYSIS*	\$5/analysis

*Body composition analysis using the InBody H2ON Advanced Body Composition Scale...measure muscle growth; track body fat loss; calculate BMI. Keep track of your progress! InBody App available!

PERSONAL TRAINING

TYPE	COST
ONE-ON-ONE PERSONAL TRAINING PROGRAM: One-on-one 30-min personal training sessions, 2x/week; personal training plans and nutritional counseling based on your goals; all boot camps included. ASK US ABOUT OUR DISCOUNTED MONTHLY PERSONAL TRAINING OPTIONS!!!	\$100/week
ONE-ON-ONE PERSONAL TRAINING PER SESSION: 30-minute one-on-one individual personal training session.	\$45/session
GROUP PERSONAL TRAINING PER SESSION : 30-minute group personal training session for up to 4 people.	\$65/session
PLANS & NUTRITION PROGRAM: Personal training plans and nutritional counseling based on your goals; all boot camps included (no one-on-one.)	\$120/month