



# MBS

**MIND BODY SOUL**

## **FITNESS & PILATES TRAINING GUIDE**

“I love the clean and peaceful atmosphere at MBS- it allows me to focus on what I need for my personal time. I love my trainer. He protects my body and insures my consistent steps forward for a better, more fit me.”

- MBS CLIENT

# BE HEALTHY. BE HAPPY.

Decide today to take the next step towards a happier, healthier you- Mind Body and Soul. Our expert Fitness and Pilates Trainers will tailor a program to achieve your specific wellness goals. Book your complimentary 20-minute fitness assessment to get started on becoming the best you: [info@mbslife.com](mailto:info@mbslife.com)

## GYM MEMBERSHIP

Our full-service facilities provide 24-hour access to a range of cardio and weight equipment, showers and towel service. Gym Membership is not required in order to book individual or package training sessions.

**Individual-** \$60 per month

**Add-on Member-** \$30 per month

**Location Add-On-** \$15 per person per month

**Gym membership also includes Mind Strong package pricing for training packages and 10% off:**

Group Reformer Classes

Group Yoga Classes

Bootcamp Classes

CrossFit Classes

## TRAINING

**SOLO** (Trainer & One Client)

**DUETS** (Trainer & Two Clients)

**TRIPLETS** (Trainer & Three Clients)

**QUARTETS** (Trainer & Four Clients)

### A LA CARTE PRICING

#### SOLO

30 minute- \$44 per person

45 minute- \$66 per person

60 minute- \$88 per person

#### DUET

30 minute- \$33 per person

45 minute- \$44 per person

60 minute- \$55 per person

#### TRIPLET & QUARTET

60 minute- \$44 per person

## PACKAGES & PERKS

Save money. Achieve your goals. Accrue perks. Buying an MBS Training Package is the best way to ensure your success and reward yourself along the way. All session

pricing is per session per person. Each package includes **“Package Perks”- Dividend Dollar eligibility\*** and **10% off the following:** Open Gym Membership, MBS merchandise, Group Reformer Pilates Classes and all Group Yoga and Bootcamp, and CrossFit Classes!

### **MIND STRONG-** \$630

Take your first step. Your success starts here!

#### **SOLO**

30 min.= 15 sessions @ \$42 ea.  
45 min.= 10 sessions @ \$63 ea.  
60 min.= 7.5 sessions @ \$84 ea.

#### **DUET**

30 min.- 20 sessions @ \$31.5 ea.  
45 min.- 15 sessions @ \$42 ea.  
60 min.- 12 sessions @ \$52.5 ea.

#### **TRIPLET & QUARTET**

60 min.- 15 sessions @ \$42 ea.  
*Savings of \$30 + Package Perks*

### **BODY STRONG-** \$1200

Boost your fitness efforts. You're on your way to your best self!

#### **SOLO**

30 min.= 30 sessions @ \$40 ea.  
45 min.= 20 sessions @ \$60 ea.  
60 min.= 15 sessions @ \$80 ea.

#### **DUET**

30 min.- 40 sessions @ \$30 ea.  
45 min.- 30 sessions @ \$40 ea.  
60 min.- 24 sessions @ \$50 ea.

#### **TRIPLET & QUARTET**

60 min.- 30 sessions @ \$40 ea.  
*Savings of \$120 + Package Perks*

### **SOUL STRONG-** \$2,340

Get ready to meet your future self. You know what it takes & you're ready to commit!

#### **SOLO**

30 min.= 60 sessions @ \$39 ea.  
45 min.= 40 sessions @ \$58.5 ea.  
60 min.= 30 sessions @ \$78 ea.

#### **DUET**

30 min.- 80 sessions @ \$29.25 ea.  
45 min.- 60 sessions @ \$39 ea.  
60 min.- 48 sessions @ \$48.75 ea.

#### **TRIPLET & QUARTET**

60 min.- 60 sessions @ \$39 ea.  
*Savings of \$300 + Package Perks*

### **FINE PRINT**

\* Dividend Dollars accrual is based on account expenditures. They may be used towards gift cards, training sessions, gym membership, group classes, merchandise and any other goods or services provided by MBS Fitness.

\* Packages may only be used towards Training sessions with MBS staff and may be shared among family members.

\*All packages eligible for use at both Alamo Heights and KW Locations.



**YOGA**



**PILATES**

REFORMER CLASSES



**DISCOVER**  
**MBS**  
**GROUP CLASSES**

**FITNESS**

BOOTCAMP CLASSES

**CROSSFIT**

**Stay motivated. Make Friends. Get Faster Results.**

Claim your 10% discount on all Group Classes with any MBS membership or training package! For information on pricing, schedules and locations of specific classes, visit us at [mbsfitness.net](https://www.mbsfitness.net)