



Paramount Club Wellness by bodhizone

## Fitness

<u>Group Classes</u>	<u>Price List</u>
Mat Pilates	Individual Group Class = \$30
Barre	Any Class 5 Pack = \$125
Yoga	Any Class 10 Pack = \$250
Body Sculpt & Stretch	Any Class 20 Pack = \$460
Tai-Chi & Qigong	Any Class Monthly Unlimited = \$500
Boxing & Kickboxing	
Sound Bath Meditation	

### Open Gym

Pay per Session (30 min) = \$20/session

Annual Membership = \$499/year

## Medical

### Appointments

We accept most health insurances for these services

Acupuncture

Chiropractic

Physical Therapy

Medical Care

**Body Composition Analysis** (InBody® Segmental Analysis) = \$150

**IV Drips** (High Performance, Immune Boost, Recovery & Revitalize) = \$225

**Metabolism Testing** (Korr Metacheck®) = \$200



Paramount Club Wellness by bodhizone

### Red Light Therapies (BioMax® Platinum LED's 900)

Spot Treatment (30 min) = \$150

Full Body Treatment (60 min) = \$250

5 Pack of Spot Treatment (30 min) = \$625

5 Pack of Full Body Treatment (60 min) = \$1125

### Sound Bath Meditation Services

Private Sound Bath Meditation Cleanse (15 min) = \$75

Private Sound Bath Rejuvenation (30 min) = \$125

Private Sound Bath Chakra Balance (60 min) = \$250

Private Sound Bath Chakra Balance (90 min) = \$350

Private Sound Bath Chakra Balance (120 min) = \$425

5 Pack Private Sound Bath Meditation (60 min) = \$1050

10 Pack Private Sound Bath Meditation (60 min) = \$1900

Sacred Partner Sound Bath Chakra Balance (2 people, 60 min) = \$450

### Nutrition

Initial Nutrition Session + 1 InBody Scan (60 min) = \$400

Follow-Up Nutrition Sessions (30 min) = \$180

5 Pack Nutrition Sessions (30 min) + 1 InBody Scan = \$1250

10 Pack Nutrition Sessions (30 min) + 2 InBody Scans = \$2250

20 Pack Nutrition Sessions (30 min) + 4 InBody Scans = \$4000

## Massages

### Deep Tissue

Deep Tissue Massage (60 min) = \$210

Deep Tissue Massage (90 min) = \$325

Deep Tissue Massage (120 min) = \$400

5 Pack of Deep Tissue Massage Sessions (60 min) = \$1000

10 Pack of Deep Tissue Massage Sessions (60 min) = \$1900

20 Pack of Deep Tissue Massage Sessions (60 min) = \$3500

### Lomi Lomi (Hawaiian Massage)

Lomi Lomi Massage (60 min) = \$250

Lomi Lomi Massage (90 min) = \$350

Lomi Lomi Massage (120 min) = \$425

5 Pack of Lomi Lomi Massage Sessions (60 min) = \$1150

10 Pack of Lomi Lomi Massage Sessions (60 min) = \$2250

20 Pack of Lomi Lomi Massage Sessions (60 min) = \$4500

**Sports Massage** = \$210

**Pre/Post Natal Massage** = \$150



Paramount Club Wellness by bodhizone

**Relax, Refresh, Rejuvenate Packages**

**Relax Package** (20 Min Massage, 20 Min Acupuncture, 20 Min Stretch) = \$250

**Refresh Package** (30 Min Massage, 20 Min Acupuncture, 20 Min Chiropractic Care) = \$275

**Rejuvenate Package** (45 Min Massage, 20 Min Acupuncture, 20 Red Light Therapy) = \$325