

individual wellness packages

nutrition

one-on-one nutrition:

one-on-one sessions with our registered dietitian focus on your specific nutrition related goals, which may involve losing weight, resolving digestive problems, addressing emotional eating issues, reducing cholesterol, identifying food sensitivities, or any number of other issues. these sessions are individualized and focused on your lifestyle and goals.

nutrition classes:

individuals will be introduced to the fundamentals of nutrition in our introductory nutrition class before moving to more specific topics such as, 'letting go of emotional eating,' 'achieving ideal body weight,' and 'how to read a food label.'

fitness

one-on-one training:

based on a comprehensive stability and movement analysis our trainers will create fitness programs designed to improve an individual's functionality and body awareness. this fun and challenging program will be a fantastic addition to a healthy lifestyle.

fitness and yoga classes:

gain strength and improve your posture and flexibility in these fun and highly effective training classes. fitness classes combine cardio and core movements with one-on-one coaching to get you in shape. please see our class schedule for additional information.

spa

massage • nails • skin care • waxing

all of our wellness packages are rounded off with time in our spa. choose from a full range of treatments that will leave you feeling your best. please see our spa pricing sheet for more details and ala carte options.

introductory

introduce yourself to urban monkeys' holistic approach to wellness. get to know each of our programs in group settings that will assist you in pursuing a healthier and more balanced lifestyle. perfect for those that care about personal wellness but may not have the time to invest in a larger wellness package.

nutrition:

one nutrition class per month

training:

one fitness class per week

spa:

half hour treatment per month

payment options*:

monthly (standard)	\$147.00
quarterly (5% savings)	\$422.00
semi-annual (10% savings)	\$806.00
annual (15% savings)	\$1,536.00

basic

take further advantage of urban monkeys' wellness programs with this package. the combination of one-on-one and group sessions will allow our team to get to know and help you develop a healthy lifestyle. perfect for individuals ready to take the next steps in investing in their wellness.

nutrition:

one nutrition class per month
two one-on-one consults per quarter

training:

one fitness class per week
one personal training session per week

spa:

two half hour treatments per month

payment options*:

monthly (standard)	\$528.00
quarterly (5% savings)	\$1,515.00
semi-annual (10% savings)	\$2,892.00
annual (15% savings)	\$5,508.00

complete

immerse yourself in urban monkeys' complete range of wellness programs. in addition to group classes, extensive one-on-one sessions with our experts will develop your unique lifestyle plan. for those who are passionate about committing to a life choice with long-term rewards.

nutrition:

one nutrition class per month
three one-on-one consults per quarter

training:

one fitness class per week
two personal training sessions per week

spa:

four half hour treatments per month

payment options*:

monthly (standard)	\$869.00
quarterly (5% savings)	\$2,495.00
semi-annual (10% savings)	\$4,763.00
annual (15% savings)	\$9,072.00

* packages are sold by the quarter

*prices do not include a \$25 one time membership fee (new members only, one fee per family)

urban monkeys

jungle for kids • oasis for grownups
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