

family wellness packages

kids

kids' classes:

get your monkey moving in your choice of music, movement, theatre, dance, and yoga classes. please see our class schedule for additional information.

open gym

it's a jungle in there. monkeys can create their own adventures in our unstructured free play called open gym. located in the larger of our two bright airy studios, it's the perfect place to escape your house and meet up with friends.

babysitting:

babysitting can be scheduled during your appointments at urban monkeys. sorry, no drop-ins for babysitting. a reservation is required. please allow time to settle your little ones in with the sitters before your appointment.

purely kids photography:

several times a year we offer our members free photo sittings making it convenient and easy for you to capture your child's unique features and personality in custom black and white photographs by purely kids photography.

nutrition

one-on-one nutrition:

one-on-one sessions with our registered dietitian focus on your child's or family's specific nutrition concerns and teach you how to create positive feeding relationships with your children.

nutrition classes:

families will be introduced to the fundamentals of nutrition with our introductory nutrition class and learn how to develop healthy eating habits in our family nutrition class. additional topics will be covered as you progress through our series of classes.

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

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

get introduced to urban monkeys' holistic approach to wellness. get to know each of our programs in group settings that will assist your family in pursuing a healthier and more balanced lifestyle.

kids:

one kids class per quarter
unlimited open gym

nutrition:

one nutrition class per month

training:

one fitness class per week

payment options*:

monthly (standard)	\$179.00
quarterly (5% savings)	\$515.00
semi-annual (10% savings)	\$983.00
annual (15% savings)	\$1,872.00

basic

this package will further involve your family in urban monkeys' range of wellness programs. the combination of one-on-one and group sessions will allow our team of experts to get to know your family and help you develop a healthy lifestyle.

kids:

one kids class per quarter
unlimited open gym

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)	\$606.00
quarterly (5% savings)	\$1,739.00
semi-annual (10% savings)	\$3,320.00
annual (15% savings)	\$6,324.00

complete

immerse your family in urban monkeys' full range of wellness programs. in addition to group classes, extensive one-on-one sessions with our experts will help you develop a unique lifestyle plan. perfect for families who are committed to a life choice with long-term rewards.

kids:

one kids class per quarter
unlimited open gym

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)	\$948.00
quarterly (5% savings)	\$2,719.00
semi-annual (10% savings)	\$5,191.00
annual (15% savings)	\$9,888.00

urban monkeys

jungle for kids • oasis for grownups
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* packages are sold by the quarter

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