

1:1 in-studio or virtual

elite	\$150+/\$90+
level 3.....	\$125/\$75
level 2.....	\$110/\$66
level 1.....	\$95/\$57

semi-private in-studio or virtual

elite	\$90+/\$54+
level 3.....	\$75/\$45
level 2.....	\$66/\$39
level 1.....	\$57/\$34

inbody 57

The InBody 57 body composition analysis is the fastest, most accurate, non-invasive, and convenient method to measure body fat, muscle mass, and BMR. It looks beyond the scale to show you what you're made of.

\$25



BOOK A
FREE
CONSULT

1:1 off site

elite	\$225+/\$135+
level 3.....	\$188/\$113
level 2.....	\$165/\$99
level 1.....	\$143/\$86

semi-private off site

elite	\$135+/\$81+
level 3.....	\$113/\$68
level 2.....	\$99/\$59
level 1.....	\$86/\$51

mz-3 belt

The MZ-3 Physical Activity Belt allows you to view your physical data on large screen TV's throughout F3 as well as on your smartphone or Bluetooth. The versatility of the MZ-3 allows your belt to connect with the MYZONE App as well as your other favorite fitness apps.

\$140