



## **Personal Training & Pilates Discount**

**In this economy, you want to make sure that every dime you spend will be worth it. At Hayashida & Associates Physical Therapy, we are offering the same unparalleled service at discounted rates to help you meet your personalized fitness goals for the New Year.**

### **NEW PRICES**

#### **Personal Training**

Level 1 Trainer: **Only \$50 per 1 hr session or 10 sessions for \$475**

Level 2 Trainer: **Only \$60 (Was \$100) per 1 hr session or 10 sessions for \$570**

#### **Pilates**

Private 1 hr session: **\$60 (Was \$80) per session or 10 sessions for \$570**

Semi-Privates (2-3 people): **\$35 per person per session**

#### **Group Training**

(All Classes Held at SB Clinic)

Core Conditioning T/Th 5:30; Pilates Mat Class M & F 12 noon

Athletic Performance MWF 5pm; T/Th 12noon

Purchase 1 Drop-In Class: **\$25**

Purchase a Monthly Pass in advance: **Only \$20 per class**

#### **There's More!!!**

**Receive a FREE HAYASHIDA TSHIRT if you:**

**Refer a friend to either our Wellness Programs or for Physical Therapy**

**OR**

**Purchase a Wellness Package for yourself of 10 sessions**

**Check out our programs at: [www.HayashidaPT.com](http://www.HayashidaPT.com)**