



PRIVATE YOGA

A private Yoga experience will help you gain an understanding of yoga as an exercise form and how to better utilize it. These individualized sessions will guide you through a flow that is challenging, relaxing and catered to your specific needs. LSF also offers a variety of Yoga classes that are included with your membership and are great for beginners and experienced Yogi's alike. Check the Group Fitness schedule for times and locations.

TOTAL PACKAGE PRICE						
Sessions	Base	Senior	Specialist	Buddy	Master	Private Group
1	\$105	\$115	\$125	\$75	\$135	\$55
6	\$630	\$690	\$750	\$455	\$825	\$315
12	\$1,210	\$1,360	\$1,470	\$860	\$1,600	\$580
24	\$2,320	\$2,630	\$2,820	\$1,675	\$3,115	\$1,075
50	\$4,595	\$5,225	\$5,625	\$3,395	\$6,175	\$2,045

For more information, contact:
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