

Get Started

Introductory Consultation

Come in for a 45-minute Introductory Consultation and we'll help you determine the best Body Harmonics programs to get the results you want.

\$65

Group Class Packs

Unlimited Memberships

Favourites among our clients, our unlimited options are the best value if you attend three or more classes per week.

Unlimited Membership

Monthly mat & machine classes	\$300/mo
Monthly mat classes	\$250/mo

Bundles

Class Bundles are designed with flexibility in mind if you plan to attend one to two classes per week. You determine the number of classes you want to purchase and complete them, at your convenience, over a year.

Mat Class Bundles

Ideal of you come 1x/week		
25 classes	pay over 6 months	\$84/mo
40 classes	pay over 9 months	\$89/mo
50 classes	pay over 12 months	\$84/mo
Ideal of you come 2x/week		
50 classes	pay over 6 months	\$167/mo
100 classes	pay over 12 months	\$167/mo

Machine Class Bundles (Reformer & Springboard)

Ideal of you come 1x/week		
25 classes	pay over 6 months	\$105/mo
40 classes	pay over 9 months	\$110/mo
50 classes	pay over 12 months	\$105/mo
Ideal of you come 2x/week		
50 classes	pay over 6 months	\$210/mo
100 classes	pay over 12 months	\$210/mo

Drop-in Classes

1 mat class	\$25	10 mat classes	\$230
1 machine class	\$30	10 machine classes	\$270

Machine Tutorial

Machine Tutorials are 45-minute sessions required prior to starting any group reformer or springboard class. You learn how to use these versatile and effective machines and try out key exercises at different levels.

\$65

Private Training

At Body Harmonics, we're known for the work we do one-on-one. We tailor private and semi-private sessions to your personal needs and goals, and use a full range of high-quality Pilates equipment and props to help you achieve the outcomes you set.

Intro Private Packs

Our Intro Private Packs are a great way to get started with private training. You can purchase up to two of our Intro Packs.

Intro Packs

6 Pack	12 Pack	24 Pack
\$450	\$865	\$1680

Ongoing Private Packs

1 to 9 sessions	\$73-87	10 to 24 sessions	\$70-82
25 to 49 sessions	\$68-80	50+ sessions	\$66-78

Fee ranges reflect teacher expertise, education and tenure, and are per person, per 55-minute session. An attendance and payment schedule will be customized to meet your goals. Please inquire for more details.

Semi-Privates

Interested in training with a friend or partner? Ask the front desk for details.

Schedule Changes

Group class cancellations

Please make sure to cancel out of a class at least 6 hours prior to the class start time. Otherwise regular charges for the class apply. This can be done online or by calling the Front Desk of the Studio where the class is scheduled.

Private training cancellations

We require 24 hours notice for cancellations for all private and semi-private sessions. Otherwise regular charges will apply.

5-minute rule

If you have reserved a space in a class and are going to be late, please let the Studio know. Otherwise your spot will be made available after 5 minutes. Available spaces are offered on a first come, first serve basis.