

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 if 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 if you come 2x/week

50 classes	pay over 6 months	\$167/mo
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Machine Class Bundles (Reformer & Springboard)

Ideal if 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 if you come 2x/week

50 classes	pay over 6 months	\$210/mo
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Drop-in Classes

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

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.

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 served basis.

Bowen

60 min	\$90
5 session package – 60 min	\$405
* 10 session package also available	

Fascial Stretch Therapy

90 min	\$135–175
60 min	\$90–115
5 session package – 60 min	\$405–520
5 session package – 90 min	\$610–720
*10 session package also available	

M.A.T (Muscle Activation Technique)

90 min assessment	\$135
60 min	\$95
5 session package – 60 min	\$425
*10 session package also available	

Naturopathy

90 min initial assessment	\$190
60 min initial assessment (children under 13)	\$150
60 min second consultation	\$150
45 min subsequent consultations	\$110

Osteopathy

60 min	\$110
45 min	\$82.50
30 min	\$60

Schedule Changes

We require a minimum of 24 hours notice for cancellations of all clinic appointments. Otherwise regular charges will apply. Schedule changes can be done by calling or emailing the Front Desk.

Pelvic Floor Physiotherapy

Initial assessment	\$130
60 min	\$130
45 min	\$96
30 min	\$65

Physiotherapy

Initial assessment	\$115
60 min	\$115
45 min	\$85
30 min	\$58

Reflexology

Initial assessment and first visit – 60 min	\$135
60 min follow-up sessions	\$100
5 session package – 60 min	\$450

Registered Massage Therapy

90 min	\$140
75 min	\$120
60 min	\$100
45 min	\$80
30 min	\$60
5 session package – 60 min	\$450

*Add paraffin wax treatment for \$15

*Add fascial stretch methodology for \$13–38

Vestibular Physiotherapy

Initial assessment	\$115
60 min	\$130
45 min	\$96
30 min	\$65