

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

Starter Packs

At Body Harmonics, we're known for the work we do one-on-one. We tailor sessions to your personal needs and goals. Our Intro Private Packs are a great first step to getting immersed at Body Harmonics.

6 sessions	\$450
12 sessions	\$865
18 sessions	\$1260

A La Carte Private Training

For personalized attention and the chance to work on goals or needs, ranging from rehab to athletic fine-tuning, a Body Harmonics Studio Teacher is hand-picked to work with you to achieve the results you want.

Single session	\$73-87
10 sessions	\$68-80
25 sessions	\$70-82
50 sessions	\$66-78

Fee ranges reflect teacher expertise, education and tenure, and are per person, per 55-minute session.

Semi-Privates

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

Schedule Changes

Private training and clinic session cancellations

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

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.

Classes

Unlimited Memberships

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

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

Class Bundles

Class Bundles are designed with flexibility in mind if you plan to attend one to two classes per week.

Mat

Ideal if you come 1x/week

25 classes		pay over 6 months		\$84/mo
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Ideal if you come 2x/week

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

Ideal if you come 1x/week

25 classes		pay over 6 months		\$105/mo
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Ideal if you come 2x/week

50 classes		pay over 6 months		\$210/mo
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Micro passes

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

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

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

Muscle Activation Technique

90 min initial assessment	\$135
60 min	\$95

Naturopathy

Initial adult assessment	\$225
Initial child assessment	\$180
60 min follow-up sessions	\$150
45 min follow-up sessions	\$110
30 min follow-up sessions	\$90

Reiki

60 min	\$100
5 session package – 60 min	\$405

Bowen

Initial assessment	
60 min	\$90
5 session package – 60 min	\$405

Physiotherapy

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

Pelvic Floor Physiotherapy

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

Vestibular Physiotherapy

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

Osteopathy

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

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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.