

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

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.

Privates

Online sessions

Single session	\$74-84
10-50 sessions	\$70-80

In-Studio sessions

Single session	\$78-90
10 sessions	\$75-87
25 sessions	\$73-85
50 sessions	\$71-83

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

Semi-Privates

Online sessions

Single session	\$57-67
10-50 sessions	\$53-64

In-Studio session

Single session	\$58-70
10 sessions	\$55-67
25 sessions	\$53-65
50 sessions	\$51-63

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

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.

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.

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	\$465
12 sessions	\$890
18 sessions	\$1300

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 and machine classes	\$315/mo
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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	\$95/mo
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Ideal if you come 2x/week

50 classes	pay over 6 months	\$191/mo
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Micro passes

1 class	\$27	10 classes	\$250
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Machine (Reformer and Springboard)

Ideal if you come 1x/week

25 classes	pay over 6 months	\$112/mo
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Ideal if you come 2x/week

50 classes	pay over 6 months	\$225/mo
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Micro passes

1 class	\$32	10 classes	\$290
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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

Reiki

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

Reflexology

Initial assessment – 75 min	\$85
60 min	\$85
3 session package – 60 min	\$248
6 session package – 60 min	\$480

Chinese Acupuncture

Initial assessment – 75 min	\$145
60 min follow-up	\$120
30 min Cupping	\$85

Physiotherapy

Initial assessment	\$125
60 min	\$125
45 min	\$95
30 min	\$68

Vestibular Physiotherapy

Initial assessment	\$140
60 min	\$140
45 min	\$106
30 min	\$75

Bowen

60 min	\$100
5 session package – 60 min	\$450

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