

About Us

Body by Design takes pride in always being at the forefront of beauty, wellness and stress reduction. We provide the best quality services in the industry. The services are always tailored to the individual's personal needs which produces unsurpassed results and long-lasting relationships.

Body by Design fitness instructors are highly trained and the best in the Industry. Always staying abreast of the latest fitness techniques and resources in the industry.



A Total Serenity Company

Contact:

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Body by Design



**Sculpting
Pilates & Yoga**
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**Private Sessions
Group Classes**

Sculpting Classes

Body by Design has formulated a unique approach to sculpting the body by combining the best of yoga and Pilates techniques.

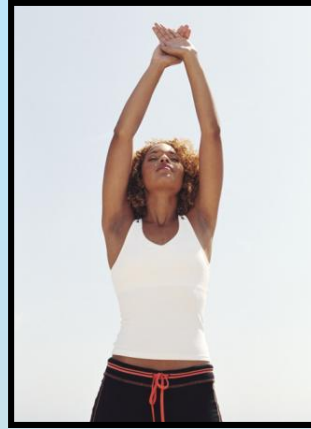
The classes are designed to fit the needs, fitness level and lifestyle of each individual. With one-on-one sessions, nutritional counseling, stress reduction techniques, and emotional support is an ongoing part of the program.

Whatever you are looking to achieve, Body by Design is here for you.



Scheduling / Pricing

Sculpting sessions are by appointment only.

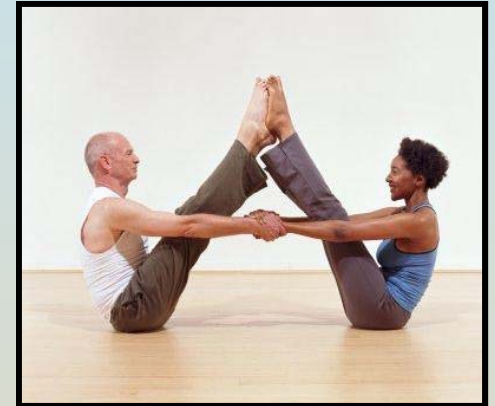


Private Sessions:

1½ hr	\$150.00
1hr	\$100.00
45 min	\$ 75.00
30 min	\$ 60.00

Couples Sessions:

1½ hr	\$225.00
1hr	\$180.00
45 min	\$150.00
30 min	\$110.00



Groups of Three or More:

1½ hr	\$245.00
1hr	\$200.00
45 min	\$170.00
30 min	\$130.00

Each additional person \$20.00