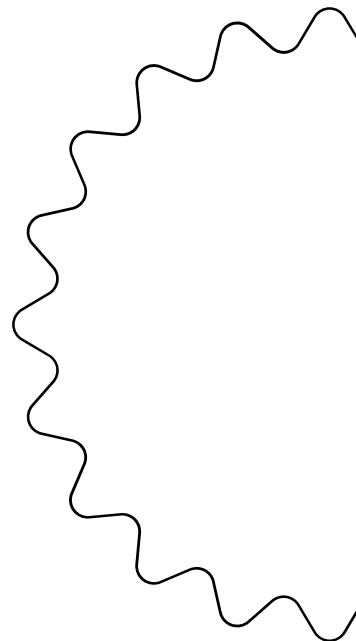
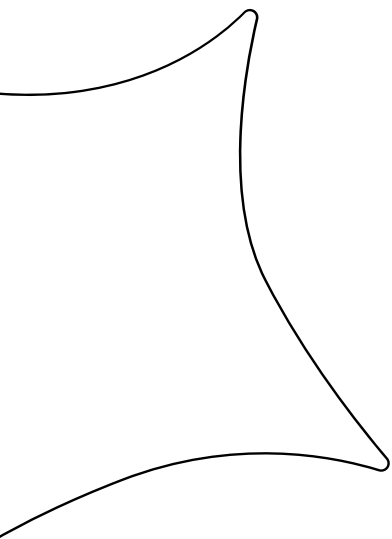


Studio7
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Our *Premium* Personal Training Packages and Membership Options

1 SESSION A WEEK	1 Weekly Private Training Session 16 Week Commitment 16 Week Custom Program & Meal Plan 1 Weekly Virtual Check Full Access to Virtual Studio7	\$400 every 4 weeks
2 SESSIONS A WEEK	2 Weekly Private Training Session 16 Week Commitment 16 Week Custom Program & Meal Plan 1 Weekly Virtual Check Full Access to Virtual Studio7	\$800 every 4 weeks
3 SESSIONS A WEEK	3 Weekly Private Training Session 16 Week Commitment 16 Week Custom Program & Meal Plan 1 Weekly Virtual Check Full Access to Virtual Studio7	\$1000 every 4 weeks
1 SESSION A WEEK \ REMOTE	1 Weekly Remote Training Session 16 Week Commitment 16 Week Custom Program & Meal Plan 1 Weekly Virtual Check Full Access to Virtual Studio7	\$200 every 4 weeks
2 SESSIONS A WEEK \ REMOTE	2 Weekly Remote Training Sessions 16 Week Commitment 16 Week Custom Program & Meal Plan 1 Weekly Virtual Check Full Access to Virtual Studio7	\$400 every 4 weeks
3 SESSIONS A WEEK \ REMOTE	3 Weekly Remote Training Sessions 16 Week Commitment 16 Week Custom Program & Meal Plan 1 Weekly Virtual Check Full Access to Virtual Studio7	\$600 every 4 weeks
2 SESSIONS A WEEK \ COMMERCIAL	3 Weekly Private Training Sessions at a Commercial Gym 16 Week Commitment 16 Week Custom Program & Meal Plan 1 Weekly Virtual Check Full Access to Virtual Studio7	\$480 every 4 weeks



Even *More* Ways To Train

PRIVATE GYM 10 PACK	This includes 10 Sessions at a Private Studio7 location in New York City.	\$949
RESIDENTIAL 10 PACK	This includes 10 Sessions at an approved residential gym location.	\$600 + Travel
REMOTE 10 PACK	This includes 10 remote personal training sessions through Zoom and the Studio 7 training app.	\$500
COMMERCIAL GYM \ OUTDOOR \ OFF PEAK 10 PACK	This includes 10 Sessions at an approved commercial gym. Examples of commercial gyms include: XSport Fitness, Planet Fitness & Blink	\$600
NEW CLIENT ONLY 3 PACK	This includes 3 Sessions at a Private Studio7 location in New York City, an approved residential location or remote. Limit 1 per customer. New clients only. This is an introductory offer meant for serious potential clients.	\$150 limit one per customer / new clients only
COMMERCIAL GYM ONLY 20 PACK	20 Sessions at a Commercial Gym Save by training at a commercial gym location like a Blink or even at XSport Fitness in the Bronx.	\$1000
VIRTUAL SMALL GROUP TRAINING UNLIMITED PASS	Join any of our online group classes for only \$99 a month. Our classes are done through Zoom and the Studio 7 app. Online classes are capped at 15 members each to insure proper attention to detail. Virtual classes are an interactive experience where you get feedback and time for questions as well - the experience is far different than following a YouTube workout.	\$99 every 4 weeks

Personal Training Session \ Private Gym	\$ 100
Personal Training Session \ Commercial Gym	\$ 60
Personal Training Session \ Remote	\$ 50
Personal Training Session \ Residential	\$ 60 + travel
Stretch & TheraGun Massage	\$ 60 + travel
Small Group Training Session \ Private Gym	\$ 75 each
Small Group Training Session \ Commercial Gym	\$ 50 each
Small Group Training Session \ Residential Gym	\$ 50 each + travel
12 Week Custom Program	\$ 75
16 Week Custom Program	\$ 99

the *full* menu

Studio 7 provides a variety of services focus on overall health and well-being. Explore our full service menu. Visit www.studionumber7.com to get started. Questions? Contact info@oasis-7.com for answers.

Monday - Saturday
6 AM - 11 PM
appointment only

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30 Minute Session \ Residential	\$ 40 + travel
30 Minute Session \ Commercial	\$ 40
Private Group Fitness Event	per request
Corporate Group Wellness Event	per request
Custom Virtual Class	per request
8 Week Competition Prep	\$ 800
16 Week Competition Prep	\$ 1600
Couple Wedding Ready Package	per request
16 Week Body Recomposition Package	\$1200
Something else?	contact us



Some *Frequently* Asked Questions

Where are you located?

Studio 7's main office is in Washington Heights. The address is 642 W 158th Street. We also partner other private fitness facilities throughout the Greater New York area. Some of these locations include: **Hype Gym, Solace New York, Studio16** and more. Contact us to find out what location works best for you. We also offer personal training at commercial gyms at a lower rate than our luxury private locations. If you are looking to save money on private training but not lose any quality of service explore our commercial gym options to save.

What is your return policy?

If you *attend every weekly check in, log every meal in MyFitnessPal, log every calorie in Nike Run Club, complete every assigned workout in the Studio 7 coaching app* and you are unsatisfied with your results we will **100% return your money in full.**

What is your cancellation policy?

There is a flat \$25 late cancellation fee for all services. A card must be on file to book any service at Studio 7. We are an appointment based service and late cancellations greatly effect our bottom line.

The Studio Number 7
642 W 158th Street
New York City
www.studionumber7.com



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Rare Objects

