

2025 Zenergy Personal Services Menu

Personal Training/Yoga/Nutrition/Tennis*

Member Non-Member

Private and Semi-Private Sessions

Body Composition Analysis 15 min.	40.00	50.00
25 Minute Private	72.00	90.00
50 Minute Private	120.00	150.00
80 Minute Private	176.00	220.00
25 Minute Duo	52.00	65.00
50 Minute Duo	80.00	100.00
25 Minute Trio	44.00	55.00
50 Minute Trio	64.00	80.00

In-Home Option Additional \$25 per Session

* Tennis offered exclusively to Club members. Tennis members receive member pricing on tennis services and Health members receive non-member pricing on tennis services.

Non-Members can upgrade a 50-minute private to \$150 or a Duo to \$125 for same day access to Club amenities.

Personal Training/Yoga/Nutrition/Tennis*

Package Rates

25 Minute Private - 10 Pack	650.00
50 Minute Private - 5 Pack	575.00
50 Minute Private - 10 Pack	1,100.00
80 Minute Private - 10 Pack	1,650.00
50 Minute Duo - 10 Pack	750.00

Youth Personal Training Gym Certification

50-Minute Private 3-Pack (Ages 12-14)	290.00
50-Minute DUO 3-Pack (Ages 12-14)	190.00

Available to
Members Only

Specialized Training with Physical Therapist & Martial Arts Coach

Private Session and Package Rates

25 Minute Private	90.00
25 Minute Private 10--Pack	850.00
25 Minute DUO	65.00
25 Minute Trio or Quad	55.00
50 Minute Private	140.00
50 Minute Private - 10 Pack	1,300.00
50 Minute DUO	95.00
50 Minute DUO - 10 Pack	900.00
50 Minute Trio or Quad	80.00

Available to Rehab
Clients

Pivot Studio Workouts

Per Session	10.00
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Available to
Members Only

ALL PACKAGES WILL EXPIRE TWO-YEARS FROM DATE OF PURCHASE

2025 Zenergy Personal Services Menu

Pilates Training & Packages

Private and Semi-Private Sessions

50 Minute Private	<i>140.00</i>	<i>175.00</i>
50 Minute Duo	<i>88.00</i>	<i>110.00</i>
50 Minute Trio or Quad	<i>72.00</i>	<i>90.00</i>

Packages and Clinics

50. Minute Private - 10 Pack	<i>1,280.00</i>	<i>1,600.00</i>
50 Minute Duo - 5 Pack	<i>332.00</i>	<i>415.00</i>
50 Minute Trio - 5 Pack	<i>280.00</i>	<i>350.00</i>
50 Minute Clinic Drop-in Fee	<i>48.00</i>	<i>60.00</i>
3 - Clinic sessions per month (i.e. every Monday at 9am)	<i>108.00</i>	<i>135.00</i>
4 - Clinic sessions per month	<i>144.00</i>	<i>180.00</i>
5 - Clinic sessions per month	<i>180.00</i>	<i>225.00</i>

Aquatics Lessons and Packages

25 Minute Private	<i>60.00</i>
25 Minute Private - 5 Pack	<i>275.00</i>
25 Minute Private - 10 Pack	<i>500.00</i>
50 Minute Private	<i>95.00</i>
25 Minute Duo	<i>45.00</i>
25 Minute Duo - 5 Pack	<i>200.00</i>

Available to
Members Only

Tennis Clinic Fees

Adult Clinic Single Session *	<i>N/A</i>	<i>N/A</i>
Tennis Evening Social with Jamie *	<i>30.00</i>	<i>N/A</i>
Cardio Tennis *	<i>35.00</i>	<i>N/A</i>
Little Tennis (4-7 years) *	<i>30.00</i>	<i>N/A</i>
Jr. Advanced Clinic (10 and up) *	<i>45.00</i>	<i>N/A</i>
Jr. Intermediate Clinic (8 to 11) *	<i>45.00</i>	<i>N/A</i>
Tennis Social - Men's Day & Ladies 4.0+ *	<i>40.00</i>	<i>N/A</i>
Tennis Social - Ladies Day 3.5+ *	<i>45.00</i>	<i>N/A</i>

***No charge to Tennis Members**

Tennis Court Fees

Health Member Fee (per player)	<i>50.00</i>
Health Member Fee (when playing with a Tennis Member)	<i>40.00</i>
Guest of Tennis Member (guest pass can be used in lieu of fee)	<i>40.00</i>
24-Hour Court Cancellation Fee (Health Members)	<i>50.00</i>
No-Show Court Fee (Tennis Members)	<i>50.00</i>

Available to
Members Only

GUEST PASSES (available to member guests only)

1 Day Pass - Adult (with member)	<i>60.00</i>
1 Day Pass - Child (with member 4 - 14 years old)	<i>30.00</i>

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