



inShape Ladies Fitness

9425 Craven Rd

904-367-5003

inshapeladies@gmail.com

www.inshapeladiesfitness.com

Check Draft Options

Basic Membership \$50 (excludes Sauna, Pole and Aerial)

VIP Membership \$70 (all inclusive, unlimited)

Credit Card Options

Basic Membership \$60 (excludes Sauna, Pole and Aerial)

VIP Membership \$80 (all inclusive, unlimited)

3 Month Options

Basic Membership \$175 (excludes Sauna, Pole and Aerial)

VIP Membership \$235 (all inclusive, unlimited)

Class Drop in

\$20

5 Class Pass

\$75

10 Class Pass

\$140

Party per person

\$30

(10 minimum)

Personal Training Session

\$75

(One Hour)

Choreo Training session

\$150

(1 ½ hours)

Studio Rental

Insurance Required

Single Person for private practice \$100 an hour

Double Person for Private Practice (no income) \$150 an Hour

Workshops, training session for Income 50 %(Studio) 50 %(Instructor) split