



2108 Teron Trace Suite 200  
Dacula, GA 30019  
678-318-8039  
[www.atlwellness.com](http://www.atlwellness.com)

### **Group Exercise Classes**

Zumba, Cardio Plus Core, 20/20/20, Body Sculpting,  
Dance Aerobics/Core Fusion, Circuit, Pilates

**\$6 for a Single Class**

**\$50 for a 10 Class Pass**

(Class Pass expires in 3 months)

### **Yoga Classes**

Yoga All Levels, Power Yoga, Candle Lit Yoga,  
Yoga Sculpt

**\$10 for a Single Class**

**\$80 for a 10 Class Pass**

(Class Pass expires in 3 months)

### **Unlimited Monthly Classes**

Includes all Group Exercise and  
Yoga Classes

**\$49/month**

(Automatically charged to a credit  
or debit card each month. Initial,  
three month commitment, can be  
cancelled after with a  
30 day notice)

### **Personal Training Or Private Yoga**

**Fitness Assessment:** \$75 Assessment done by a Certified Personal Trainer including body measurements, weight, body composition analysis, endurance and flexibility testing. Recommended before first training session.

**Half Hour:** One Session \$45; 5 Sessions: \$35 ea, expires in 2 mo; 10 Sessions: \$30 ea, expires in 4 mo

**Full Hour:** One Session \$80; 5 Sessions: \$65 ea, expires in 2 mo; 10 Sessions: \$60 ea, expires in 4 mo

### **Nutrition Counseling**

Private Sessions with a Registered/Licensed Dietitian

Initial Profile: \$100; Individual Session: \$55; Profile and 3 sessions: \$230; Four Sessions: \$198

### **Weight Loss Program**

Includes: Fitness Assessment, 8 Personal Training Sessions, One Initial Nutrition Profile and one Nutrition Counseling Session and One Month Unlimited Classes

### **Massage Therapy**

Sports, Swedish, Deep Tissue, Neuromuscular Therapy, Pre-natal or Reflexology

30 Minutes \$45; 60 Minutes \$75; 90 Minutes \$100

Packages: Four 60 Min Massages \$280; Four 30 Min Massages \$160