

# PURE

## NATURAL HEALTH & FITNESS CENTER

### *Programming & Membership*

(prices in US Dollars, 15% IVA tax not included)

Daily Pass	US \$ 4
Daily Pass with classes	\$ 7
Classes	\$ 5
Classes w/ limited memberships	\$ 3
Weekly Pass	\$ 11
Weekly Pass with classes	\$ 15
Wellness Evaluation	<u>Free</u>
PURE Pong Day / Month	\$ 1 / 10

### *Memberships*

Monthly Gym w/ classes	\$ 29
Monthly Gym & Yoga	\$ 39
Three Months Gym w/ classes	\$ 80
Three Months Gym w/ Yoga	\$ 99
Six Month / Annual (with gym & yoga classes)	\$ 178/330
1 Hour Personal Training	\$ 12
1 Hour Private Yoga Session	\$ 15

### *PURE Products*

Pants	\$ 12
Shorts	\$ 8
T-shirts / Tank-tops	\$ 10 / 7
Yoga Mat	\$ 22
Swiss Ball	\$ 14
Boxing equipment	please inquire

### *Therapeutic Services*

(prices in US Dollars, 15% IVA tax not included)

One Hour Massage <sup>1</sup>	\$ 22
90 Minute Massage <sup>1</sup>	\$ 30
30 minute Massage <sup>1</sup>	\$ 12
Acupuncture Session* <sup>1</sup>	\$ 15
40 min. Reiki/Shiatsu Session* <sup>1</sup>	\$ 18
Pedicure or Manicure	\$ 8
Facials	\$ 10

### *Additional Services*

Natural Health Packages: personal training, a weekly massage, juice & food service - ask us!  
Nutritional Counseling - please inquire  
Physical Therapy Session \$ 22

### *Spa Packages*

Spa Deluxe - 60 minute massage, \$ 40  
pedicure, manicure & facial mask  
Deep Health - 60 min massage, \$ 30  
Acupuncture & Reflexology  
(Inquire about other packages at front desk)

### *Tea House Nibbles & Drinks*

(prices in Cordobas, does not include 15% IVA tax)

Bottled water, small/large	C\$ 15 / 25
Tea & Coffee / Homemade Chai	C\$ 20 / 30
Fresh Veggie Juice	C\$ 40
Revive	C\$ 20
Fruit & Granola	C\$ 75
Bruchetta / Snack	C \$65
Granola Bars	C\$ 20

\* = 33.3% discount when combined with massage    <sup>1</sup> = inquire about discounts for members