

MEMBERSHIPS

	Explore	Connect	Empower
Cost	\$58/month	\$52/month	\$48/month
Contract Term	None	6 Months	12 Months
Weekly Classes Included	√	√	√
Monthly Classes Included	√	√	√
Audio/Video Library Included	√	√	√
Pop-up Classes Included	√	√	√
Life Coaching Included – 30-minute phone session ⁱ		1 session	2 sessions
Private Yoga Included – 30-minute virtual session ⁱ		1 session	2 sessions
20% Discount – specified Services (see Services below)		√	√
15% Discount – Workshops and Class Series		√	√
5% Discount – off full balance paid at sign-up		√	√

ⁱ Life Coaching and Private Yoga included in the membership are for the member only. The member must schedule the session(s) within the contracted period (6 months or 12 months) and the sessions are subject to calendar availability. No substitutions, refunds or exchanges. Connect and Empower members may purchase additional services at a 20% discount (see Services below).

SERVICES*

	Regular Price	Price for Connect/Empower
Life Coaching (for 1 person) – 30-minute session / 60-minute session	\$45 / \$75	\$36 / \$60
Life Coaching – three 30-minute sessions / three 60-minute sessions	\$125 / \$205	\$100 / \$164
Life Coaching for Partners – 60 minutes for 2 people	\$90	\$90
Group Life Coaching – 60 minutes for 3-6 people	\$120	\$120
Private Yoga (for 1 person) – 30-minute session / 60-minute session	\$45 / \$75	\$36 / \$60
Prenatal Yoga (for 1 person) – three 45-minute private sessions	\$150	\$120
Prenatal Yoga (for 1 person) – six 45-minute private sessions	\$270	\$216
Reiki (for 1 person) – 30-minute session / 60-minute session	\$45 / \$75	\$36 / \$60
Team Wellness Training	Contact Us for Details hello@ourcommunitywell.com	Contact Us for Details hello@ourcommunitywell.com

*Services are by phone for Life Coaching and by Zoom for Yoga and Reiki, unless otherwise arranged by OCW.