



ActivatedWellness

BALANCE.TRANSFORM.ACTIVATE.

In-Studio Packages & Pricing

Personal Training 60mins	\$135
Personal Training 10 Pack 60mins*	\$1250
Personal Training 20 Pack 60mins (must train 2x per week or more)*	\$2200
Semi-Private Training (2 people)	\$180

Therapeutic Sports Massage

30 Minute	\$75
60 Minute	\$135
90 Minute	\$195

In-Home Personal Training to Hamptons Area

Available upon request \$TBD

Health/Nutrition Coaching

See website for more
details on pricing and
programs \$TBD

@activatedwellness_
www.activatedwellness.com
631.466.5008
hello@activatedwellness.com

Location: 21 W Second Street STE #1,
Riverhead NY 11901

*all packages have an expiration of 6-months from the
purchase date. Late cancellations within 24 hours of
session date will result in a full charge.