SILA

MIND BODY WELLNESS

Whether you're a beginner taking your first steps towards fitness or an experienced athlete looking to elevate your performance, our team of talented wellness professionals will meet you where you are and empower you to reach new heights.

With over 80 years of combined experience in fitness, including Pilates, yoga, meditation, weight training, and more, our trainers bring a wealth of knowledge and expertise to each session. They're not just instructors; they're mentors, motivators, and partners dedicated to helping you achieve your goals.

Personal Training

Becky, Meg, Rachael, Samantha

50 Minute Sessions	MEMBER	GUEST
1	*$82.80*	$92
5	*$405*	$450
10	*$801*	$890

30 Minute Sessions	MEMBER	GUEST
1	*$54*	$60
5	*$261*	$290
10	*$513*	$570

Head Personal Training

Nancy Olker

50 Minute Sessions	MEMBER	GUEST
1	*$99*	$110
5	*$486*	$540
10	*$963*	$1070

30 Minute Sessions	MEMBER	GUEST
1	*$61.20*	$68
5	*$301.50*	$335
10	*$594*	$660

All sessions expire 6 months from the date of purchase.