

BE : LIFTED INFO & PRICING (as of 12/1/21 and subject to change)

DAY PASS (drop-in to work out) : \$15 (discounted to \$10 for personal training clients)

Happy Hour 11am – 3pm (Mon-Fri) \$5 to drop in

MONTHLY UNLIMITED USE (open gym membership): \$50 (discounted to \$40 for personal training clients) – membership can also be customized to be on a weekly or bi-weekly basis

ADULTS BOOTCAMP: SATURDAY 9:00 AM SUNDAY 11:00 AM
\$10 PER CLASS

HULA: SATURDAY 10:15 AM **TAHITIAN DANCE:** SATURDAY 11:15 AM
\$10 PER SESSION

WERQ DANCE FITNESS: TUESDAY 7:30 PM (call first)
\$5 PER SESSION

BODY SCULPTING/PERSONAL TRAINING/FIRST RESPONDER TRAINING:
BY APPOINTMENT
\$30/30 MINUTES OR \$45/1 HOUR
(SEMI-PRIVATE SESSION DISCOUNTED BY \$5 PER PERSON)

GROUP CIRCUIT TRAINING SESSION: BY APPOINTMENT
\$25 PER PERSON, \$20 PER PERSON IF 3 OR MORE (1 Hour session)

MASSAGE: BY APPOINTMENT
\$1 PER MINUTE (15 MINUTE INCREMENTS)

COMPETITION POSING: BY APPOINTMENT
\$45/1 HOUR

AIKIDO WITH SENSEI WAYNE: WEDNESDAY 7PM SUNDAY 9AM

MAKEUP SERVICES/FACIAL PAMPERING: BY APPOINTMENT, PLEASE INQUIRE

*Ask us about hosting your own class or training!

MyBeLifted@gmail.com | (626) 674-9746 (text or call) | (714) 203-1771 (voice)