

PRICE LIST – INTEGRATED MOVEMENT METHOD

PROGRAMS – VIDEO LESSONS

Program	Age Range	Format	Price (R\$)	Price (US\$)
Program 1 – Back-and-Forth Movement	Ages 7 to 14	Video Lessons	R\$ 550.00	US\$ 165.00
Program 2 – Active Body	Ages 15 to 60	Video Lessons	R\$ 550.00	US\$ 165.00
Program 3 – Active Body	Age 60+ (no underlying health conditions)	Video Lessons	R\$ 550.00	US\$ 165.00
Program 4 – Safe Movement	Age 60+ (with physical limitations)	Video Lessons	R\$ 550.00	US\$ 165.00

 Full access to the program + recorded classes + guided methodology

PRICE LIST FOR ALL COURSES.

(INTEGRATED MOVEMENT / FUNCTIONAL PILATES / B-FIT-DANCE)

ONLINE CLASSES – PERSONAL & GROUPS

◆ Online Personal Training

Plan	Frequency	Price
Single class	1 class	R\$ 140.00
Monthly package:	2 classes per week	R\$ 590.00/month
Monthly package:	3 classes per week	R\$ 750.00/month

◆ Online Group Classes (3 to 4 students)

Plan	Frequency	Price per student
Monthly plan:	2 classes per week	for R\$ 470.00
Monthly plan:	3 classes per week	for R\$ 625.00

IN-PERSON CLASSES – SBC OR MOEMA

Personal In-Person

Plan	Frequency	Price
Single Class	1 class	R\$ 150.00
Monthly Package	2 classes per week	R\$ 670.00
Monthly Package:	3 classes per week	R\$ 990.00

In-Person Group (3 to 4 students)

Plan	Schedule	Price per student
Monthly Package:	2 classes per week	R\$ 580.00
Monthly Package:	3 classes per week	R\$ 820.00

IN-HOME LESSONS

Personal In-Home

Plan	Frequency	Price
Monthly package:	2 lessons/week	R\$ 1,020.00
Monthly package:	3 lessons/week	R\$ 1,380.00

◆ Group Home Lessons (3 to 4 students)

Plan	Schedule & Price per student
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Monthly plan: 2 classes/week	R\$ 910.00
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Monthly package: 3 classes per week	R\$ 1,200.00
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