

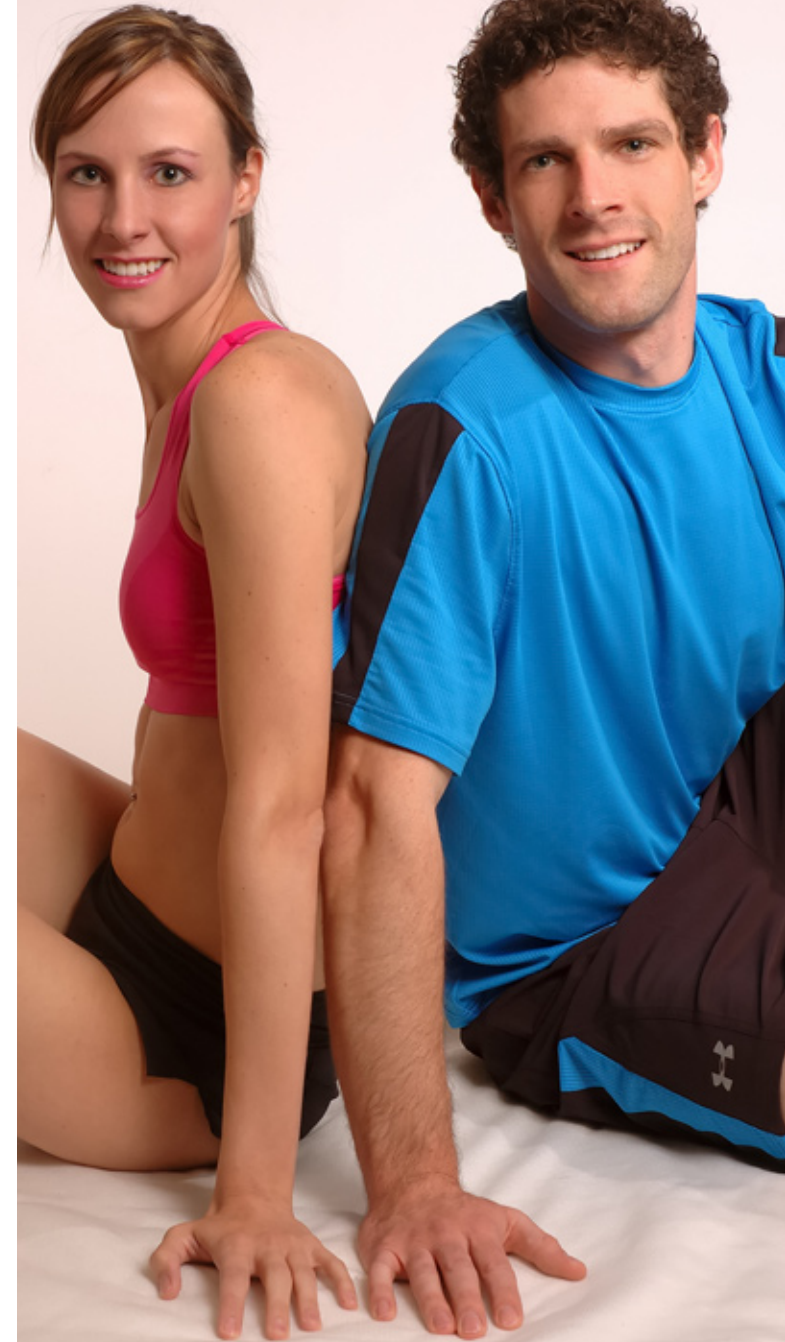
**Bonne Vie is French for “Good Life,” a term which beautifully represents the idea behind this facility.**

Bonne Vie Fitness is a high-end personal training studio located in Aliso Viejo. We provide clients with the best service, wellness, health and fitness care in Orange County. Best of all, we make personal training affordable for everyone!

[www.bonneviefitness.com](http://www.bonneviefitness.com)



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Services  
& Rates

# Bonne Vie Fitness

## Bonne Vie Fitness mission

Bonne Vie Fitness offers high-end, quality personal training that is affordable for everyone, no matter what their stage of fitness. We provide a fitness and wellness center where clients receive the best service, wellness, health and fitness care this county has to offer. We create a place for fitness trainers, chiropractors, pilates instructors, yoga teachers and alternative care practitioners to bring their business to flourish in a space that cultivates cooperative, non-competitive support and integrity amongst its practitioners.



## Personal training

Our mission is to improve our client's quality of life through education and guidance in fitness and health. Each workout session is specifically designed to help you reach your goals while keeping you safe in an educational and motivational atmosphere.

After an initial fitness assessment, one-hour workout sessions are designed and implemented by your trainer. Sessions may be one-on-one or two-on-one. The number of sessions per week will vary depending on your needs.

## Semi-private training - Gravity and Pilates

Joining our group classes is one of the best and most affordable ways to engage in private training. Each class is limited to five people so that you are ensured a safe and effective workout lead by one of our highly qualified trainers.

Functional exercise on the Gravity machine is based on natural movement patterns and proper biomechanics. When the human body becomes the weight - on a rolling incline surface - it is free to move in any plane of motion. Functional, multi-plane exercises permit the targeting of specific fitness objectives.

Pilates exercise dramatically transforms the way your body looks, feels and performs. It builds strength without excess bulk, creating a sleek, toned body with slender thighs and a flat abdomen. Pilates teaches body awareness, good posture and easy, graceful movement. It improves flexibility, agility and economy of motion. It can even help alleviate back pain.

## Yoga

The Yoga program at Bonne Vie Fitness was created to bring balance, strength, peace and flexibility to our community. Unique in its emphasis in providing an enhanced Yoga experience for our clients, our program offers an affordable integration of daily classes, semi-private and private instruction, workshops, excursions, eight week courses and retreats.

## Outdoor training

Let your inner child out! Learning how to take your workouts outdoor will revolutionize the way you view exercise. You can join this class in a group training workout using weights, Bosu, bands, etc.

## CrossFit South County

CrossFit is a core strength and conditioning program. We have designed our program to elicit as broad an adaptational response as possible. CrossFit is not a specialized fitness program but a deliberate attempt to optimize physical competence in each of ten recognized fitness domains. They are Cardiovascular and Respiratory endurance, Stamina, Strength, Flexibility, Power, Speed, Coordination, Agility, Balance, and Accuracy.

## Mixed Martial Arts

Get into the best shape of your life while learning valuable, practical skills! OC Combat Athletics offers a variety of programs that will fit your needs. Whether you want to lose weight, tone up, improve your overall health and wellness or become a professional fighter, we have a program for you! Our Professional Instructors will teach you proper technique step by step. We keep our focus on form and technique so you not only burn 800 to 1000 calories per hour, but you also learn skills from professional athletes.



## Rates

### New client packages

Custom packages can be designed - contact Natalie for a 20 minute consultation at [natalie@bonneviefitness.com](mailto:natalie@bonneviefitness.com).

### Personal training

\$80 per hour. 10% discount on the purchase of 50 or more sessions.

Want to train with a buddy or a spouse? Call Bonne Vie Fitness for two-person training rates at 949.215.7284

### Group training

Packages can be used for any of these classes or programs: Yoga, OC Combat Athletics, CrossFit South County, outdoor training, pilates mat.

(1) \$25 (expires in one month)

(10) \$170 = \$35 per session (expires in two months)

If you have purchased a personal training package, you can purchase group classes at a deeper discount when all purchases are made together. Contact Bonne Vie Fitness for more information.

NOTE: Any of the packages can be re-activated after the expiration date by purchasing a single session at the \$25 rate.

### In-home training

BVF offers the following in-home training in packages:

20 for \$2400 (\$120 per session)

30 for \$3300 (\$110 per session)

50 for \$4500 (\$90 per session)

### Semi-private training (Gravity/Pilates/Yoga)

Packages are sold as hours and can be used for either 60 minute sessions or 30 minutes sessions. These packages can be used for Gravity and/or Pilates sessions (excludes private pilates sessions.) Gravity Total Body, Gravity Express, Pilates Circuit & Gravity Pilates are limited to (5) people. Gravity Pilates Circuit are limited to (8) people.

(1) \$45

(10) \$350 = \$35 per session (expires in two months)

(20) \$600 = \$30 per session (expires in four months)

### Monthly Membership packages

New Members - First Month Membership - \$99

Includes two mandatory Basic Movements classes

Unlimited Class Membership - \$250\*

\*This is an autopay month-to-month contract. Must pay by cc, must sign contract, can cancel with four days notice.

Class size limited to 10 students to maintain personalization. Students reserve classes online.

Rates are subject to change without notice. Contact Bonne Vie Fitness for current rates.