

Flex Club Memberships

Three scheduled Flexibility Live classes weekly during the 43-week training calendar. Every new member starts with a seven-day complimentary trial; your first payment and credits come after it.

Quarterly — billed every 3 months

Credits release after each successful payment. Cancel before the next renewal; access continues through the paid quarter. No retreat credits on quarterly plans.

Membership	Monthly equivalent	Payment every 3 months	Flex Hours per quarter	Private Coaching Hours per quarter
Essential	\$40	\$120	—	—
Progress	\$75	\$225	2	—
Advanced	\$105	\$315	3	1
Pro	\$165	\$495	4	2

Yearly — paid upfront, 5% below four quarterly payments

All annual credits release once, after successful full payment. Savings are compared with four quarterly payments.

Membership	Monthly equivalent	Yearly payment	You save	Flex Hours per year	Private Coaching Hours per year	Retreat credit
Essential	\$38	\$456	\$24	—	—	—
Progress	\$71.25	\$855	\$45	12	—	—
Advanced	\$99.75	\$1,197	\$63	16	4	\$100
Pro	\$156.75	\$1,881	\$99	20	8	\$200

Additional benefits with either payment option

Benefit	Essential	Progress	Advanced	Pro
Discount on eligible additional private lessons	5%	10%	15%	20%
Priority booking	—	—	7 days	14 days
Weekly video feedback	—	—	—	Included

Why choose yearly

Essential: save \$24. **Progress:** save \$45 + 4 extra Flex Hours.

Advanced: save \$63 + 4 extra Flex Hours + \$100 retreat credit.

Pro: save \$99 + 4 extra Flex Hours + \$200 retreat credit.

Annual credits are available upfront, subject to booking availability and eligibility. Extra Flex Hours are compared with completing four quarterly terms. Private Coaching Hours total the same over four paid quarters or one paid year.

When you buy a yearly membership, you choose at checkout what happens after your year: renew yearly, continue quarterly, or end your membership. Nothing is preselected. Quarterly memberships have no 12-month commitment and renew every three months until canceled; cancel any time before the next charge.

All prices are in USD; applicable taxes, if any, are shown at checkout. Monthly figures are comparison prices only; there is no monthly billing. Payments are collected every three months or yearly. Full terms are in the Member Guide, Rules & Regulations (version 3.0).