

A FOCUS ON FITNESS TRANSFORMATION STUDIO AND SALON



*2136 Ashley Oaks Circle
Suite 102 Wesley Chapel,
FL 33544
813-344-3325*

SERVICES:

*Cuts for men, women and
Children
Color
Hi-Lights
Perms
Relaxers
Make up
Airbrush Spray Tanning
Complete
Transformations
Organic and Non
Organic*

afocusonfitness
Weight Management and Personal Training

**2136 Ashley Oaks Circle
Suite 101
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Phone: 813-34IDEAL
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A Focus on Fitness Transformation Studio and Salon

Price List



*Seven Oaks
Professional Park
2136 Ashley Oaks Cir.
Suite 102
Wesley Chapel, FL
33544
Tel: 813-344-3325*

Services We Offer:

Studio and Salon.

- One on one and small group Personal Fitness Training.
- Ideal Protein (Physician Directed) weight loss program that does NOT utilize shots or pills. Average Weight loss is 2-5 lbs per week.
- Organic Airbrush spray Tanning.
- CPR/AED and First Aid certification Classes
- Alterations and Seamstress
- Full Service Hair Salon
- Makeup and Image consulting

We are here to FOCUS on YOU!



Salon Price List

Women's Haircuts	\$25-50
Men's Haircuts	\$15-20
Kids Haircuts	\$10-20
Wash and Style	\$25 and up
Detox Treatment	\$15
Deep Condition	\$15
Color Retouch	\$40
Full color	\$60
Partial Highlights	\$45 and up
Full Highlights	\$60 and up
Double Process Blonde	\$120 and up
Up-Do	\$40 and up
Perms	\$75 and up
Relaxer	\$75 and up
Makeup Application	\$40 and up
Image Consultation	\$99



Training Studio Price List

One on One (30 min)	\$35
One on One (60 min)	\$60
Small Group	\$10 and up
Fitness Consulting	\$99 and up
Nutrition Guidance	\$99 and up
Ideal protein Consult	\$99
Off Site Training	Call for price
Corporate Training	Call for price
CPR/AED Class	\$35
First Aid Class	\$35
CPR/AED and First Aid	\$50

Organic Airbrush Tanning:

Full Body \$35
 Three Full Body Tans \$75
 One month unlimited \$99
 Special pricing for groups and Brides

