



Personal Training Packages

1 – Hour Sessions

1 Session = \$50		
4 Sessions = \$200	\$50 per session	
8 Sessions = \$400	\$50 per session	
12 Sessions = \$540	\$45 per session	Savings = \$60
16 Sessions = \$640	\$40 per session	Savings = \$160

45 – Minute Sessions

1 Session = \$40		
4 Sessions = \$160	\$40 per session	
8 Sessions = \$320	\$40 per session	
12 Sessions = \$420	\$35 per session	Savings = \$60
16 Sessions = \$480	\$30 per session	Savings = \$160

Monthly Group Rates

Group of 2 - \$175 a month, per person (8 1-Hour Sessions)
Group of 3 - \$150 a month, per person (8 1-Hour Sessions)

Group of 2 - \$150 a month, per person (8 45-Minute Sessions)
Group of 3 - \$125 a month, per person (8 45-Minute Sessions)

Written Training Plan (Includes additional 1 check-in session per package)

4 Workouts = \$150
8 Workouts = \$200
12 Workouts = \$250