



PERSONAL TRAINING SERVICES & PRICING

Services include Strength Training/Personal Training, Pilates.

ONE-HOUR SESSIONS

Private Training (1-on-1)

	<u>Member</u>		<u>Non-Member</u>	
Private Training single session	\$90.00		\$105	
Private Training 6-pk	\$516.00	\$86/session	\$606	\$101/session
Private Training 12-pk	\$960.00	\$80/session	\$1,140	\$95/session
Private Training 24-pk	\$1,848.00	\$77/session	\$2,208	\$92/session
Private Training 36-pk	\$2,700.00	\$75/session	\$3,240	\$90/session

Partner Training (2 clients with 1 Trainer – rates are per person)

Partner Training single session	\$54.00		\$69	
Partner Training 6-pk	\$312.00	\$52/session	\$402	\$67/session
Partner Training 12-pk	\$576.00	\$48/session	\$756	\$63/session
Partner Training 24-pk	\$1,104.00	\$46/session	\$1,464	\$61/session
Partner Training 36-pk	\$1,620.00	\$45/session	\$2,160	\$60/session

Semi-Private Training (3-4 clients with 1 Trainer – rates are per person)

Semi-private training single session	\$35.00		\$50	
Semi-private training 3-pk	\$99.00	\$33/session	\$144	\$48/session
Semi-private training 6-pk	\$186.00	\$31/session	\$276	\$46/session
Semi-private training 12-pk	\$348.00	\$29/session	\$528	\$44/session

Small Group Training (5-10 clients with 1 Trainer – rates are per person)

Small Group Training Single Session	\$25.00		\$40	
Small Group Training 3-pk	\$69.00	\$23/session	\$114	\$38/session
Small Group Training 6-pk	\$126.00	\$21/session	\$216	\$36/session
Small Group Training 12-pk	\$228.00	\$19/session	\$408	\$34/session

30-MINUTE SESSIONS

30-Minute Private Training (1-on-1 only)

	<u>Member</u>		<u>Non-Member</u>	
Private Training single session	\$54.00		\$69	
Private Training 6-pk	\$312.00	\$52/session	\$402	\$67/session
Private Training 12-pk	\$576.00	\$48/session	\$756	\$63/session
Private Training 24-pk	\$1,104.00	\$46/session	\$1,464	\$61/session
Private Training 36-pk	\$1,620.00	\$45/session	\$2,160	\$60/session