

# membership personal training menu

## **Private One-on-One (1 hour)**

A traditional full hour of individualized personal training.

\$65 for 1 session *\$65 total*

\$60 per session for 4 *\$240 total*

\$55 per session per 8 *\$440 total*

\$50 per session per 12 *\$600 total*

## **Express One-on-One (1/2 hour)**

For those looking for a more intense, shorter workout.

\$45 for 1 session *\$45 total*

\$42 per session for 4 *\$168 total*

\$39 per session per 8 *\$312 total*

\$36 per session per 12 *\$432 total*

## **Partner Training (1 hour – 2 people)**

Partner training increases commitment to a regimen.

\$90 for 1 session *\$90 total*

\$85 per session for 4 *\$340 total*

\$80 per session per 8 *\$640 total*

\$75 per session per 12 *\$900 total*

### **Please Note:**

- Packages are non-transferable and non-refundable
- Sessions are priced from the time the appointment was to begin
- Appointments must be cancelled 24 hours in advance

### **Mission Statement**

The mission of our Personal Training Program is to educate and motivate individuals to achieve their fitness goals through personalized instruction and guidance designed to enhance results and provide improved quality of life.

