

Personal Training Pricing

**All Packages come with a FREE 30 minute fitness assessment prior to beginning training.*

**30 Minute Single Sessions are 20% off the 60 Minute Sessions.*

Single Sessions:

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1 Hour	\$40.00
30 Minute	\$30.00

Multiple Hour Individual sessions:

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(4) Individual Sessions <i>(60 Minute Each)</i>	\$135.00
(8) Individual Sessions <i>(60 Minute Each)</i>	\$245.00
(12) Individual Sessions <i>(60 Minute Each)</i>	\$325.00
(16) Individual Sessions <i>(60 Minute Each)</i>	\$400.00
(20) Individual Sessions <i>(60 Minute Each)</i>	\$480.00

3 Month Agreement Individual Sessions:

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(4) Individual Sessions (60 Minute Each)	\$115.00 <i>mo/</i>
(8) Individual Sessions (60 Minute Each)	\$225.00 <i>mo/</i>
(12) Individual Sessions (60 Minute Each)	\$305.00 <i>mo/</i>
(16) Individual Sessions (60 Minute Each)	\$350.00 <i>mo/</i>
(20) Individual Sessions (60 Minute Each)	\$400.00 <i>mo/</i>

6 Month Agreement Individual Sessions:

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(4) Individual Sessions (60 Minute Each)	\$100.00 <i>mo/</i>
(8) Individual Sessions (60 Minute Each)	\$200.00 <i>mo/</i>
(12) Individual Sessions (60 Minute Each)	\$290.00 <i>mo/</i>
(16) Individual Sessions (60 Minute Each)	\$335.00 <i>Mo/</i>
(20) Individual Sessions (60 Minute Each)	\$375.00 <i>mo/</i>