



PERSONAL TRAINING RATES

30 Minute Personal Training Sessions

Sessions	Length	Rate per Session	Total
1	30-minute	\$37.00	\$37.00
4	30-minute	\$32.00	\$128.00
8	30-minute	\$27.00	\$216.00
12	30-minute	\$25.00	\$300.00
16	30-minute	\$22.00	\$352.00
20	30-minute	\$20.00	\$400.00

45 Minute Personal Training Sessions

Sessions	Length	Rate per Session	Total
1	45-minute	\$53.00	\$53.00
4	45-minute	\$50.00	\$200.00
8	45-minute	\$45.00	\$360.00
12	45-minute	\$42.00	\$504.00
16	45-minute	\$40.00	\$640.00
20	45-minute	\$35.00	\$700.00

Included with Personal Training Packages:

Personal Consult:

Meet one-on-one with a Personal Trainer (up to 30-minutes).
Assess your fitness goals and needs to support your path to a healthy lifestyle.

Fitness Assessment:

Meet one-on-one with a Personal Trainer (up to 30-minutes).
Assess your current fitness level and establish a baseline to help monitor progress.

Notes:

- Personal training packages must be paid in full prior to starting.
- Personal training packages are non-refundable and must be used within one year of purchase.
- Personal training sessions cannot be transferred to another member.
- Personal training clients must be 12 years of age or older.
Members 12-15 years of age will need a parent to be present in the facility during all sessions.