



SERVICES & PRICING

INDIVIDUAL PERSONAL TRAINING

Training Center or Virtual. All packages are prepaid per person. 1-2 People Sharing the same appointment.

		30 Minute Session		45 Minute Session		60 Minute Session	
Quantity			Cash / Check Discount		Cash / Check Discount		Cash / Check Discount
1	\$ 52	\$ 50		\$ 62	\$ 60	\$ 77	\$ 75
5	\$ 226	\$ 220		\$ 278	\$ 270	\$ 366	\$ 355
10	\$ 350	\$ 340		\$ 494	\$ 480	\$ 700	\$ 680
12	\$ 420	\$ 408		\$ 593	\$ 576	\$ 840	\$ 816

SHARED PERSONAL TRAINING

3 or more people sharing the same appointment. Price is per person.

		30 Minute Session		45 Minute Session		60 Minute Session	
Quantity			Cash / Check Discount		Cash / Check Discount		Cash / Check Discount
10	\$ 175	\$ 170		\$ 247	\$ 240	\$ 350	\$ 340

IN-HOME PERSONAL TRAINING

Customized pricing for locations outside a 5 mile radius.

		30 Minute Session		45 Minute Session		60 Minute Session	
Quantity			Cash / Check Discount		Cash / Check Discount		Cash / Check Discount
1	\$ 57	\$ 55		\$ 67	\$ 65	\$ 77	\$ 75
10	\$ 515	\$ 500		\$ 618	\$ 600	\$ 721	\$ 700

PILATES

		Private 1 Session		Group - 1 Session		Group - 10 Sessions	
			Cash / Check Discount		Cash / Check Discount		Cash / Check Discount
	\$ 72	\$ 70		\$ 41	\$ 40	\$ 360	\$ 350