

Personal Training Package Pricing Sheet

Package 1

Consultation, Fitness Assessment, Program Design, and 10 Training Hours

- There is a 24hr cancellation policy per scheduled session
- A maximum allowance of two excused cancellations due to emergency or illness
- A minimum of two training sessions per week are recommended
- Negotiable expiration: 90 days following commencement of the agreement

\$ 250.00

Package 2

Consultation, Fitness Assessment, Program Design, and 5 Training Hours

- There is a 24hr cancellation policy per scheduled session
- A maximum allowance of two excused cancellations due to emergency or illness
- A minimum of two training sessions per week are recommended
- Negotiable expiration: 60 days following commencement of the agreement

\$ 175.00

Package 3

Consultation, Fitness Assessment, Program Design, and 3 Training Hours

- There is a 24hr cancellation policy per scheduled session
- Expiration: 30 days following commencement of the agreement

\$ 150.00

Package 4

Consultation, Fitness Assessment, Program Design, Walkthrough

- There is a 24hr cancellation policy per scheduled session
- Expiration: 14 days following commencement of agreement

\$ 100.00

Package 5

Consultation, Fitness Assessment, 30 min. Walkthrough with Recommendations

\$ 60.00

Small Group Training (Three person maximum)

Package 1 \$400.00

Package 2 \$325.00

Package 3 \$275.00

Hourly Rates Note: Does not include fitness assessment or program design

Personal Sessions

1 Hour : \$ 25.00

3 Hours : \$ 65.00

Small Group Rates

1 Hour : \$ 40.00

3 Hours : \$ 100.00

Rates effective August 1st, 2012

Prices subject to change.