

# JFit Personal Training Fee Schedule

<b>Per Session Pricing</b>	<b>Monthly Training 1 Session Per Week</b>	<b>Monthly Training 2 Sessions Per Week</b>	<b>Monthly Training 3 Sessions Per Week</b>	<b>Online Training Up to 3 Workouts Per Week</b>	<b>Hybrid Training 1 in Person Session Per Week; Up to 3 Online Sessions Per Week</b>
Use of Trainerize app for tracking workouts	Use of Trainerize app for tracking workouts	Use of Trainerize app for tracking workouts	Use of Trainerize app for tracking workouts	Use of Trainerize app for tracking workouts	Use of Trainerize app for tracking workouts
Consultation to determine current fitness level and goals	Consultation to determine current fitness level and goals	Consultation to determine current fitness level and goals	Consultation to determine current fitness level and goals	Consultation to determine current fitness level and goals	Consultation to determine current fitness level and goals
Use of Spa facilities after your session	Spa / Gym Membership included	Spa / Gym Membership included	Spa / Gym Membership included	Spa / Gym Membership included	Spa / Gym Membership included
No Contracts	No Contracts	No Contracts	No Contracts	No Contracts	No Contracts
Sessions purchased do not expire.	Meet with a certified trainer at Jfit Studio 1 session per week  Unused sessions (cancelled more than 24 hours in advance) can be used until the following month.  Monthly progress report	Meet with a certified trainer at Jfit Studio 2 sessions per week  Unused sessions (cancelled more than 24 hours in advance) can be used until the following month.  Monthly progress report	Meet with a certified trainer at Jfit Studio 3 sessions per week  Unused sessions (cancelled more than 24 hours in advance) can be used until the following month.  Monthly progress report	Workout on your own schedule at your preferred gym  Certified trainer will build and schedule custom workouts for you to complete on your own.  Monthly progress report	Meet with a certified trainer at Jfit Studio 1 session per week.  Certified trainer will build and schedule custom workouts for you to complete on your own.  Monthly progress report
<b>\$50 per session</b>	<b>\$200 per Month Billed Monthly 23% Savings</b>	<b>\$360 per Month Billed Monthly 29% Savings</b>	<b>\$500 Per Month Billed Monthly 36% Savings</b>	<b>\$150 Per Month Billed Monthly</b>	<b>\$280 Per Month Billed Monthly</b>