



2025



Personal Training Prices

General Rates

30 minutes: \$20

1 hour: \$30

Buy any amount of sessions in advance or pay as you go!

Buy One, Get One 50% Off!

Train with a friend to save more and get fit together! Must have similar athletic ability and no separate limitations.

If you plan to use personal training for a while, save with bundle discounts!

<u>Package Deals</u>

10 sessions: \$190-30 min

or \$285-1 hour

15 sessions: \$270-30 min

or \$405-1 hour

20 sessions: \$340-30 min

or \$510-1 hour

If you want to level up your training or don't know where to start, see our personal trainer Charlotte! She can help you complete your 2025 health goals!

Your first session is always FREE!