

Team Potts Pricing Sheet

Personal Training

Be coached individually by Gary Potts. Each session will include assisted stretching along with your personalized workout. Additionally, Gary will help you to understand how to structure your own workouts, while providing the ultimate in personalized fitness training to meet your specific needs.

Sessions	Price per Session	Total Investment
5	\$75	\$375
10	\$65	\$650
15	\$55	\$825
20	\$45	\$900

Therapeutic Stretching

Hands-on Fascial Stretching is a technique of stretching that unlocks and soothes tight muscles which may improve circulation, range of motion, and even speeds recovery time. Additionally, this approach opens locked joint capsules and releases endorphins to help your body thrive. Each session is 30 minutes.

Sessions	Price per Session	Total Investment
1	\$45	\$45
3	\$40	\$120
5	\$30	\$150

Team Training

Team Training is designed for groups of 2 to 4 people. This is ideal for those who like a group environment with the ability to work together and motivate one another to achieve their optimal fitness level. These workouts include a variety of exercises and can be adapted for all fitness levels and are a great way to work out with friends, family members, or coworkers.

Sessions	Price per Session	Total Investment
5	\$45	\$225
10	\$35	\$350
15	\$30	\$450
20	\$25	\$500

Corporate Training

Gary Potts will partner with you and your company to create a non-threatening and inclusive workout program specific for your group. Team Potts Corporate program incorporates functional fitness into a total body circuit as well as HIIT training. This can be done onsite at your business or at Team Potts

Speak with Gary directly about pricing packages and a proposal for your business.



In-Home Training

If you enjoy the ultimate in personal attention and training in the privacy of your home or neutral location, this is the option for you. Gary will bring all equipment to you and ensure you have a complete workout experience at the location of your choice. In-Home Training can be utilized with a partner or team.

Sessions	Price per Session	Price per Session
	Individual or Partner/Team	Individual or Partner/Team
10	\$110	\$1,100
	\$90	\$900
15	\$100	\$1,500
	\$80	\$1,200
20	\$90	\$1,800
	\$70	\$1,400

Fit in 45

Fit in 45 is a group workout tailored for those who want an efficient weekday workout to enhance strength and increase endurance. Each session encompasses a dynamic warm-up, strength training, plyometrics, core exercises, and stretching. These workouts are appropriate for all fitness levels and ideal for friends or coworkers (5+ participants) who want to have fun and train together.

Sessions	Price per Session	Total Investment
1	\$30	\$30
10	\$25	\$250