

# Service Price List



My Fitness World ~ 1225 South Church Suite B Charlotte NC 282003

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Service	Sessions	Price Per Session
Personal Training	60 minutes	\$ 75.00
Less than 4 Session a Month	45 minutes	\$ 65.00
	30 minutes	\$ 55.00
Personal Training	60 minutes - 4 sessions monthly	\$ 70.00
More than 4 Session a Month	45 minutes - 4 sessions monthly	\$ 60.00
	30 minutes - 4 sessions monthly	\$ 48.00
Personal Training	60 minutes - 6 sessions monthly	\$ 65.00
6 Session a Month	45 minutes - 6 sessions monthly	\$ 55.00
	30 minutes - 6 sessions monthly	\$ 45.00
Personal Training	60 minutes - 8 sessions monthly	\$ 60.00
8 Session a Month	45 minutes - 8 sessions monthly	\$ 50.00
	30 minutes - 8 sessions monthly	\$ 40.00
Personal Training	60 minutes - 10 sessions monthly	\$ 55.00
10 Session a Month	45 minutes - 10 sessions monthly	\$ 45.00
	30 minutes - 10 sessions monthly	\$ 35.00
Personal Training	60 minutes - over 10 sessions monthly	\$ 50.00
Over 10 Session a Month	45 minutes - over 10 sessions monthly	\$ 40.00
	30 minutes - over 10 sessions monthly	\$ 30.00
<b>Additional Training Options</b>		
Personal Training - Guest	1 Session - Perfect for clients who would like to a bring a guest, or a family member who's in town for a visit. FOR CURRENT PT CLIENTS ONLY	\$ 35.00
Personal Training - Drop In	Per Session - No monthly agreement	\$ 75.00
Workout Buddy/ Small Group	8 Buddy Sessions - 45 minutes only	\$ 320.00
Nutrition Plans	Nutrition Plans with Consultation, weekly weigh-in and monitoring. FREE WITH PT PLANS	\$ 89.00

<b>Online Training</b>		
<b>Online Personal Training with Online Nutritional</b>	Monthly Online Personal Training with Nutrition	<b>\$ 99.00</b>
<b>Online Personal Training</b>	Monthly Online Personal Training	<b>\$ 54.99</b>
<b>Competition Prep</b>		
<b>Online Competition Prep</b>	Monthly Online Competition Prep with Nutrition	<b>\$ 150.00</b>
<b>Competition Prep Personal Training</b>	One Weekly Personal Training Session with Nutrition	<b>\$ 310.00</b>
<b>Personal Training with Posing</b>	Drop in Session - 45 minute workout with 30 minute posing session.	<b>\$ 75.00</b>
<b>Figure Posing Session</b>	45 minute Posing Session	<b>\$ 45.00</b>
<b>Additional Information</b>	Personal Training and Nutrition sessions must be scheduled in advance. Reoccurring appointment can be scheduled based on availability. See PT Agreement for details. THERE IS NO CONTRACT AGREEMENT. Plans are month-to-month and can be changed after the previous months plan is completed. A 30 day notice is required for plan changes and service cancellations. UNUSED SESSIONS CANNOT CARRIED OVER TO THE FOLLOWING MONTH.	

**For any additional questions or concerns, contact Dee Jackson by email at [deejackson@deejfitness.com](mailto:deejackson@deejfitness.com) or 216-337-7798. Text messaging also available.**

