

Payments made to: The Seven Project
Via: Check, Cash, Credit/Debit

Checks are preferred. All packages are non-refundable and subject to change. Tax not yet included in pricing. All memberships and packages are pre-pay. Packages updated August 1, 2019.

Adaptive Personal Training Packages

Personal Training members take priority when scheduling specialized equipment. Any session not canceled prior to 24 hours in advance will be deducted from package. Packages do not expire.

Single session - \$70

10 pack - \$340

(\$10 off) unlimited nutritional guidance

4 pack - \$140

12 pack - \$405

(\$15 off) unlimited nutritional guidance

8 pack - \$275
(\$5 off)

16 pack - \$540

(\$20 off) unlimited nutritional guidance

FES Cycling

FES sessions may count as a personal training session, or packages can be bought separately.

4 pack - \$80

8 pack - \$120

10 pack - \$200

12 pack - \$240

16 pack - \$320

Monthly Contract Bundles

Packages expire after final date of contract.

1 month - \$400

(\$100 discount)

12 pack, unlimited nutrition, 4 FES sessions

6 month - \$2400

(\$600 discount)

72 pack, unlimited nutrition, 24 FES sessions

3 month - \$1200

(\$300 discount)

36 pack, unlimited nutrition, 12 FES sessions

12 month - \$5000

(\$1000 discount)

144 pack, unlimited nutrition, 48 FES sessions

Additional services:

Individual service item value.

Open Gym

\$10/session or \$75/mo

Independent workouts. Schedule at least 24 hours in advance.

Caregiver Open Gym Monthly Membership

\$25

FES Cycling

\$25/hr

Support Group

FREE

A portion of total revenue for 2019 will be devoted to a scholarship fund that will be divided amongst qualified recipients in January 2020, based on an application process.