



Personal Training Packages

Session # (One Hour Duration)	PIF (Paid in Full)	Payment
1	\$71	
10	\$61	\$63
15	\$58	\$61
20	\$55	\$57
30	\$51	\$53

Receive 10% discount on PT package PIF when you have a current yearly membership!

All sessions include Nutrition Counseling, Body Fat, and Seven Point Measurement

Semi-Private Personal Training Rates

2 People	\$38 Each
3 People	\$33 Each
4 People	\$28 Each
5 People	\$26 Each

Amounts are based on Cash/Check pricing – 3% service fee will apply on Credit/Debit card transactions