



**1 on 1 private training 30 minute session rates:**

- \* 1 time a week plus 1 free session a week.....\$175 a month
- \* 2 times a week plus 1 free session a week .....\$250 a month
- \* 3 times a week plus 1 free session a week .....\$300 a month

**1 on 1 private 1 hour session rates:**

- \*1 time a week plus 1 free session a week.....\$275.00 a month
- \*2 times a week plus 1 free session a week.....\$400.00 a month
- \*3 times a week plus 1 free session a week .....\$500.00 a month

**Semi-private training 1 hour session rates (2 people per session)**

- \* 2 times a week plus 1 free session a week ...\$275 a month each
- \* 3 times a week plus 1 free session a week ...\$325 a month each

**6 month training contract required, 3 month contracts  
available for an additional \$25 per month**