



Personal Training



Packages



Individual	Couple	Group (3-5)
#450 00 Sam	\$130.00 for	\$110.00 for
\$150.00 for	4 Sessions	4 Sessions
4 Sessions	(Cost Each)	(Cost Each)
\$285.00 for 8 Sessions	\$245.00 for	\$200.00 for
	8 Sessions	8 Sessions
	(Cost Each)	(Cost Each)
\$360.00 for 10 Sessions	\$315.00 for	\$285.00 for
	10 Sessions	10 Sessions
	(Cost Each)	(Cost Each)
\$840.00 for	\$720.00 for	\$690.00 for
	24 Sessions	24 Sessions
24 Sessions	(Cost Each)	(Cost Each)

\$1600.00 for 48 Sessions

These reflect 1-hour sessions however they can be broken down into 30-minute sessions if you prefer.



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