

Personal Training Packages



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