



Personal Training Rates

Personal Training Packages - Hour

1 Session	\$80
8 Sessions	\$600 (\$75 each)
16 Sessions	\$1,120 (\$70 each)
24 Sessions	\$1,560 (\$65 each)

Personal Training Packages - Half Hour

1 Session	\$50
8 Sessions	\$360 (\$45 each)
16 Sessions	\$640 (\$40 each)
24 Sessions	\$840 (\$35 each)

Small Group Training Packages - Hour

1 Session	\$45
4 Sessions	\$160 (\$40 ea.)
8 Sessions	\$280 (\$35 ea.)
12 sessions	\$360 (\$30 ea.)

**Small group training is for 2-4 people.
Each person would pay the above price.**

There is a 24 hour cancellation policy. You will be charged a session if you do not cancel within the 24 hour limit. Please notify the Front Desk or your trainer if you need to reschedule.