



Personal Training Rates

Personal Training Packages - Hour

1 Session	\$85
8 Sessions	\$640 (\$80 each)
16 Sessions	\$1200 (\$75 each)
24 Sessions	\$1680 (\$70 each)

Personal Training Packages - Half Hour

1 Session	\$55
8 Sessions	\$380 (\$47.50 each)
16 Sessions	\$680 (\$42.50 each)
24 Sessions	\$900 (\$37.50 each)

Small Group Training Packages

1 Session	\$45 (Hour)	\$25 (1/2 Hour)
4 Sessions	\$160 (Hour)	\$99 (1/2 Hour)
8 Sessions	\$280 (Hour)	\$175 (1/2 Hour)
12 sessions	\$360 (Hour)	\$225 (1/2 Hour)

**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.