



ONE ON ONE PERSONAL TRAINING

30 MINUTE SESSIONS:

1 per week - \$40.00

2 per week - \$75.00

3 per week - \$110.00

45 MINUTE SESSIONS:

1 per week - \$60.00

2 per week - \$115.00

3 per week - \$165.00

60 MINUTE SESSIONS:

1 per week - \$80.00

2 per week - \$155.00

3 per week - \$225.00

TWO ON ONE PERSONAL TRAINING

45 MINUTE SESSIONS:

1 per week - \$80.00

2 per week - \$155.00

3 per week - \$225.00

60 MINUTE SESSIONS:

1 per week - \$100.00

2 per week - \$195.00

3 per week - \$285.00