

# PERSONAL TRAINING

## Individual

## Partner

## Group (3-5)

### Pay As You Go

1 session 30 minutes	\$30.00
10+ sessions 30 minutes	\$25.00

1 session 30 minutes	\$25.00
10+ sessions 30 minutes	\$20.00

.....

No Group Pay As You Go

.....

### Auto Pay EFT (minimum of 3 months)

1x/week 30 min session	\$88/month \$22/session
2x/week 30 min sessions	\$160/month \$20/session
3x/week 30 min sessions	\$216/month \$18/session
4x/week 30 min sessions	\$256/month \$16/session
5x/week 30 min sessions	\$280/month \$14/session

1x/week 30 min session	\$66/month \$16.50/session
2x/week 30 min sessions	\$120/month \$15/session
3x/week 30 min sessions	\$162/month \$13.50/session
4x/week 30 min sessions	\$192/month \$12/session
5x/week 30 min sessions	\$210/month \$10.50/session

1x/week 30 min session	\$44/month \$11/session
2x/week 30 min sessions	\$80/month \$10/session
3x/week 30 min sessions	\$108/month \$9/session
4x/week 30 min sessions	\$128/month \$8/session
5x/week 30 min sessions	\$140/month \$7/session

### Additional Services

#### Nutrition

30 min Session 2x/month (Training Clients)	\$25.00/ month
30 min Session 2x/month (Non Training Clients)	\$50.00/ month

#### Equipment Instruction

Equipment Instruction (private)	\$20.00
Equipment Instruction (partner or group)	\$15.00

#### InBody

InBody Scan (Training Clients)	\$10.00
InBody Scan (Non Training Clients)	\$15.00

#### Accountability Session

Accountability Session (First Session \$20.00)	\$15.00
---	---------

#### Body Composition

Body Composition	\$20
------------------	------

#### Kids Camp (Ages 14-15)

4 Sessions	\$50
------------	------

\*All training clients receive 1 InBody Scan every 3 months

