

OUR GOAL IS TO HELP YOU REACH YOURS



PERSONAL TRAINING

Our certified personal trainers are dedicated to helping you achieve your fitness goals with a personalized fitness program designed specifically for you. Personal Training is available individually, with a partner, or in a small group.

ONE-ON-ONE

	1 Session	3 Sessions	6 Sessions	12 Sessions
60 Minute Sessions	\$40	\$116.50	\$228	\$432
30 Minute Sessions	\$22.50	\$65.50	\$128.25	\$243

PARTNER TRAINING

	1 Session	3 Sessions	6 Sessions	12 Sessions
60 Minute Sessions	\$29/person	\$84.50/person	\$165.25/person	\$313.25/person
30 Minute Sessions	\$15/person	\$43.75/person	\$85.50/person	\$171/person

GROUP TRAINING

60 Minute Sessions Rates for Group Training are dependent on total number of participants.

