



Personal Training Rates

Personal training sessions are private one-on-one sessions. These training programs include consultation and assessments, warm -up, 50 minute workout, cool - down and a recommended exercise plan that address each participants' goals. Initial complimentary consultation is required prior to sign up.

New member offer - 4 personal training sessions \$195.50

1 session \$60

4 sessions \$230

8 sessions \$440

12 sessions \$630

24 sessions \$1200