

FITNESS

PERSONAL TRAINING PRICES

PRIVATE SESSIONS

MASTER TRAINER

PERSONAL TRAINER

30-MIN

\$40

\$35

45-MIN

\$58

\$48

60-MIN

\$70 *\$82

\$60 *\$72

SEMI-PRIVATE SESSIONS

2-4 PARTICIPANTS

30-MIN

\$20 *\$35

60-MIN

\$40 *\$55

SMALL GROUP SESSIONS 60-MIN

MINIMUM 5 MAXIMUM 10

\$15 *\$20

MONTHLY PROGRAM DESIGN

INCLUDES ONE-HOUR ONE ON ONE INSTRUCTIONAL SESSION, APP DELIVERY OF PROGRAM, AND ONGOING SUPPORT

\$129/MONTH

*\$159/MONTH

MONTHLY NUTRITION COACHING

INCLUDES ONE-HOUR TOTAL SESSION TIME PLUS ONGOING SUPPORT/RESOURCES VIRTUALLY

\$129/MONTH

*\$159/MONTH

*NON-MEMBER PRICING

FITNESS

PERSONAL TRAINING POLICIES

HOW DO I GET BILLED?

EACH SESSION IS BILLED DIRECTLY TO YOUR ACCOUNT THE DAY YOU HAVE THE SESSION. IF YOU NEED/WANT TO PAY WITH A DIFFERENT FORM OF PAYMENT, PLEASE GO DIRECTLY TO THE FRONT DESK AFTER YOUR SESSION.

WHAT HAPPENS IF I NEED TO CANCEL/RESCHEDULE?

NO-SHOWS OR CANCELLATIONS LESS THAN 24 HOURS BEFORE A SCHEDULED SESSION WILL BE CHARGED IN FULL TO THE PARTICIPANT. TARDY APPOINTMENTS WILL BE SHORTENED WITH THE FULL AMOUNT CHARGED. TRAINERS WILL WAIT 15 MINUTES BEFORE CHARGING FOR A NO-SHOW.

HOW DO I CONTACT MY PERSONAL TRAINER?

YOUR TRAINER WILL INFORM YOU OF THE BEST WAY TO CONTACT THEM. ONCE BECOMING A CLIENT, THEY WILL GIVE YOU THEIR PERSONAL CELL PHONE SO YOU CAN CONTACT THEM DIRECTLY

WHAT HAPPEN WITH INCLEMENT WEATHER?

CONTACT YOUR TRAINER IMMEDIATELY TO COMMUNICATE IF THERE IS GOING TO BE DANGEROUS WEATHER AND POOR DRIVING CONDITIONS SO YOU CAN RESCHEDULE.

