



# Personal Training Packages

*Each training session is personalized based upon your health & fitness needs. Your goal may be to lose weight, increase your balance, increase endurance, gain strength, etc. There is no goal too large or small. We are here to help.*

## Elite Trainer

### One Hour Session

1-5 sessions	\$75
6-9 sessions	\$70
10+ sessions	\$65

### 30- Minute Session

1-5 sessions	\$55
6-9 sessions	\$50
10 + sessions	\$45

### Group (2-3) Session

1-5 sessions	\$85
6-9 sessions	\$80
10+ sessions	\$75

## Pro Trainer

### One Hour Session

1-5 sessions	\$60
6-9 sessions	\$55
10+ sessions	\$50

### 30- Minute Session

1-5 sessions	\$45
6-9 sessions	\$40
10 + sessions	\$35

### Group (2-3) Session

1-5 sessions	\$70
6-9 sessions	\$65
10+ sessions	\$60

## Intern Trainer

### One Hour Session

1-5 sessions	\$30
6-9 sessions	\$25
10+ sessions	\$20

### 30 Minute Session

1-5 sessions	\$20
5+ sessions	\$15

### Group (2-3) Session

1-5 sessions	\$45
6-9 sessions	\$40
10+ sessions	\$35

## **NEW: GROUP FITNESS: 6 WEEKS (12 sessions) \$199/person (min. of 4 people/group)**

### **\*\*\*\*INTRO SPECIAL Combo Fitness + Nutrition \*\*\*\*** (ONE TIME ONLY)

3 Pro Trainer Sessions	\$149
4 Pro Trainer sessions + nutrition plan	\$299
8 Pro Trainer sessions + nutrition plan	\$499
12 Pro Trainer sessions + nutrition plan	\$549

*All training packages must be paid in full before any training starts. A 24 hour notice on all cancellations is greatly respected or you will be charged for the training session. All training sessions will run out within three months after your intended date of completion. Each package includes a consultation which counts as a training session.*

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