



PERSONAL TRAINING PRICES

One Session: 1-hour session.....Employee \$45 Member \$55

This option is conveniently designed for the member who pays on a per visit basis. This session may be used as a program evaluation or for periodic modification.

Package of five: 1-hour sessions..... Employee \$200 Member \$250

This five-session package is designed for the member interested in short-term trainer assistance. This package may be readily applied to reach a short-term goal or as initial assistance with an exercise program focusing on a longer-range goal.

Package of ten: 1-hour sessions.....Employee \$360 Member \$450

This ten-session package provides the member with assistance progressing toward longer-range goals.

Package of twenty: 1-hour sessions.....Employee \$660 Member \$800

This is the ideal package with the greatest value for the member who consistently uses one of our personal trainers.

Couple Rates: We offer a 15% discount per person when 2 or more members purchase their own package and train together at the same time.

Appointment Cancellation Policy: A 24-hour notice of cancellation is requested. After three violations, a full session will be deducted from the remaining appointments. The policy will not renew with the purchase of additional sessions.