

# PERSONAL TRAINING RATES



## 1-on-1 TRAINING SESSIONS

1-on-1 (30 Minute Training Packages)		1-on-1 (60 Minute Training Packages)	
Packages	Rates	Packages	Rates
1	\$40	1	\$65
6	\$30/session (\$180)	6	\$55/session (\$330)
12	\$25/session (\$300)	12	\$50/session (\$600)
24	\$17.50/session (\$420)	24	\$42.50/session (\$1020)

## 2-on-1 TRAINING SESSIONS

2-ON-1 (30 Minute Training Packages)		2-ON-1 (60 Minute Training Packages)	
Sessions	Rates	Sessions	Rates
1	\$22.50	1	\$40
6	\$20/person/session (\$120)	6	\$30/person/session (\$180)
12	\$15/person/session (\$180)	12	\$25/person/session (\$300)
24	\$12.50/person/session (\$300)	24	\$22.50/person/session (\$540)

## SMALL GROUP TRAINING SESSIONS

Groups of 3+ (30 Minute Training Packages)		Groups of 3+ (60 Minute Training Packages)	
Sessions	Rates	Sessions	Rates
1	\$20.00	1	\$22.50
6	\$15.00/person/session (\$90)	6	\$17.50/person/session (\$105)
12	\$12.50/person/session (\$150)	12	\$15.00/person/session (\$180)
24	\$10.00/person/session (\$240)	24	\$12.50/person/session (\$300)

**Maximum of 5 participants in Small Group Training**

**Please note: personal training sessions must be paid in full when purchasing and when CANCELLING we REQUIRE a 12- hour notice. Failure to notify within this time frame will result in LOSS of session. In certain cases, it will be trainer's discretion.**