

Personal Training Packages



- **1- 1 hour Personal Training Session** - \$45 (*individual only*)

- **1- 1 hour Complete Fitness Assessment Session** - \$45 (*individual only*)

- **Personal Training Package**

8-1 hour Personal Training Sessions - \$37 per session

- **Couples Training Package**

8-1 hour Training Sessions - \$55 per session
(*Couples must train simultaneously*)

- **Personal Training + Complete Fitness Assessment Package**

8-1 hour Personal Training Sessions + 1-1 hour Fitness Assessment - \$37 per session

- **12 Week Nutrition Journal** \$20 each



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*All sessions must be paid in advance.
Charges may apply to sessions cancelled with less than 24hrs notice .Prices are subject to change.*