

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



Staci Braithwaite	928.848.9720
Cody Ditsler	951.818.5423
Stacy Graustein	928-899-3989
Deborah Kingery	928-379-1259
Chris Sieben	928-899-0886

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