



## PERSONAL TRAINING PACKAGES

We know that your path to wellness needs to be as individualized as you are. That's why we've created Personal training packages. Simply choose the package that best describes where you are on your path to wellness.

**\*A Fitness Assessment must be completed prior to starting any Personal Training Program. Cost of the assessment is \$55\***

**“I want to feel and look better, but I don't know where to start!”**

\_\_\_\_\_ **Introductory Package \$99** \*(New Clients Only)

This package is for those who are new to personal training. You'll receive an initial consult, at which time your trainer can find out where you stand currently regarding your fitness level, and where you want to go. You'll then receive 2 one hour appointments with your trainer with an exercise program developed specifically for you and your goals.

**“This is important to me and I am ready to make the commitment!”**

\_\_\_\_\_ **Twelve Sessions \$540**

This package includes 12 one hour sessions and is designed for the person who is ready to work out with a trainer on a consistent basis. Based on a 3x per week workout, you are ready to take the next step towards wellness working closely with your trainer to achieve your goals.

**“I'm familiar with working out, but I need help in staying motivated and on track!”**

\_\_\_\_\_ **Eight Sessions \$400**

This package consists of 8 one hour appointments and would suite someone who is familiar with working out, but would like some guidance and variety in their workout. Based on 2x per week per month (but can be used at any interval), you are comfortable with gym equipment, but you need a little motivation to push yourself to the next level.

**“I'm comfortable with my regular workout, but I need a higher level workout to supplement it and I need some accountability.”**

\_\_\_\_\_ **Four Sessions \$200**

This package consists of 4 one hour appointments and is designed for someone who works out on a regular basis, but needs some input on how to best progress their program. Based on a 1x per week workout (but can be used at any interval), this program offers a “check up” with your trainer to insure that you continue to challenge yourself.

**“Yes, that's me but I can't get away for an hour!?”**

This option is available for all packages. If you want to work out with a trainer, but are limited by time during the day, you may purchase 30 minute packages instead of an hour.

\_\_\_\_\_ **Twelve-Time saver \$300**

\_\_\_\_\_ **Eight—Time saver \$240**

\_\_\_\_\_ **Four—Time saver \$140**

### Partner Packages

**2 Clients working with a trainer for one hour)**

\_\_\_\_\_ **Twelve Partner sessions \$330 per partner**

\_\_\_\_\_ **Eight Partner sessions \$240 per partner**

\_\_\_\_\_ **Four Partner sessions \$130 per partner**

**2 Clients working with a trainer for 1/2 hour)**

\_\_\_\_\_ **Twelve Partner sessions \$180 per partner**

\_\_\_\_\_ **Eight Partner sessions \$130 per partner**

\_\_\_\_\_ **Four Partner sessions \$70 per partner**