



## Personal Training Price Sheet

Sessions	Individual Price Mem/Non-Mem	Price Breakdown Mem/Non-Mem	Sessions	Group Price (3 max) Mem/Non-Mem	Price Breakdown Mem/Non-Mem
1	45/60		1	75/120	25/40per person
4	160/220	40/55	4	240/420	20/35per person
8	300/420	37.50/52.50	8	430/790	17.95/32.95 per person
12	420/600	35/50	12	540/1080	15/30 per person

\*Packages bigger than mentioned will be discussed

- Each session will last approximately 1 hour +/- 10 minutes
- Time will be spent motivating through workout and teaching/critiquing form
- Session will be customized toward your goals
- Session will be created to be able to reuse and/or build upon

### Free Consultation

- Prior to first session, client will meet with personal trainer to discuss goals
- Trainer will take clients assessments (Height, Weight, BF%, V-Sit, BP, RHR)
- Trainer will review all paperwork
- Client and trainer will set up first session time and date (please allow min 1 day to create workout)