

Personal Training Rates & Packages



\$80 Per Hour Add \$10 a session per additional person up to 3 total.

Successful Starters- \$288 = \$72per

- 4 personal training sessions
- 1 free health analysis and 1 free fitness analysis

Jump Start- \$544 = \$68per

- 8 personal training sessions
- A diet plan
- 1 health analysis and 1 fitness analysis

Avid Athlete- \$768 = \$64per

- 12 personal training sessions
- A diet plan
- 2 health analyses and 1 fitness

Lean Extreme- \$900 = \$60per

- 15 personal training sessions
- A diet plan
- 2 health analyses and 2 fitness analysis

Pro Performance- \$1008 = \$56per

- 18 personal training sessions
- A diet plan for all participants
- 2 health analyses and 3 fitness analysis

Marathon Man- \$1040 = \$52per

- 20 personal training sessions
- Diet assistance
- 2 health analyses and 3 fitness analysis
- 12 day Boot-Camp or 1 month GF classes

Committed to Fitness- \$1200 = \$48per

- 25 personal training sessions
- Diet assistance
- 3 health analyses and 3 fitness analysis
- 12 day Boot-Camp or 1 month GF classes

Fitness For Life- \$1320 = \$44per **BEST DEAL!!!**

- 30 personal training sessions
- Diet assistance
- 4 health analyses and 3 fitness analysis
- 12 day Boot-Camp or 1 month GF classes

****Payment options available for 15 session packages and above. Ask for details!*

****Ask us about training at your location.*