

Package Savings & Brief Description	Session Package	No. of Clients	PACKAGE Cost PER PERSON	SESSION Cost PER PERSON	Discount
Personal Training - Hour Sessions					
Individualized for 1on1 attention & specialization. This option will achieve maximum benefits. Ideal for clients currently inactive, post-injury, seeking sports-specific training or a push to the next level.	1	1	\$76	\$76	0%
	4	1	\$289	\$72	5%
	8	1	\$547	\$68	10%
	16	1	\$1,034	\$65	15%
Small Groups - Hour Sessions (cost PER PERSON)					
A social & motivational way to achieve the benefits of having a fitness coach. Each participant is challenged at his or her own ability level. Your team members provide additional encouragement. *Each participant will need their own package	4	2	\$233	\$58	10%
	8	2	\$439	\$55	15%
	16	2	\$827	\$52	20%
	4	3	\$216	\$54	10%
	8	3	\$408	\$51	15%
	16	3	\$769	\$48	20%
	4	4	\$192	\$48	10%
	8	4	\$362	\$45	15%
	16	4	\$681	\$43	20%
Personal Training - 30 Minute Sessions					
Best for experienced fitness clients needing a shorter amount of time to experience training benefits. Brief warm-ups strongly recommended before start of session.	4	1	\$173	\$43	5%
	8	1	\$328	\$41	10%
	16	1	\$620	\$39	15%