

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	\$85	\$85	0%
	4	1	\$323	\$81	5%
	8	1	\$612	\$77	10%
	16	1	\$1,156	\$72	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	\$260	\$65	10%
	8	2	\$491	\$61	15%
	16	2	\$925	\$58	20%
	4	3	\$242	\$60	10%
	8	3	\$457	\$57	15%
	16	3	\$860	\$54	20%
	4	4	\$214	\$54	10%
	8	4	\$405	\$51	15%
16	4	\$762	\$48	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	\$194	\$48	5%
	8	1	\$367	\$46	10%
	16	1	\$694	\$43	15%