

# Member Personal Training - 2026

Package Savings & Brief Description	# of Sessions	PACKAGE Cost PER PERSON	SESSION Cost PER PERSON
<b>Personal Training - Hour Sessions</b>			
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 session	\$72	\$72
	4 sessions	\$274	\$69
	8 sessions	\$518	\$65
<b>Partner Training - Hour Sessions (cost PER PERSON)</b>			
A social & motivational way to achieve the benefits of having a fitness coach. Be challenged at your own ability level. <b>*Each person will need their own package</b>	8 sessions	\$492	\$61.50
<b>Personal Training - 30 Minute Sessions</b>			
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 sessions	\$164	\$41
	8 sessions	\$295	\$37
Non-Member rates not listed in price chart			