

# Member Personal Training - 2026

| Package Savings & Brief Description   | # of Sessions | PACKAGE Cost PER PERSON | SESSION Cost PER PERSON |
|---|---------------|-------------------------|-------------------------|
| 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 session     | \$72                    | \$72                    |
|   | 4 sessions    | \$274                   | \$69                    |
|   | 8 sessions    | \$518                   | \$65                    |
| Partner Training - Hour Sessions (cost PER PERSON)  |               |                         |                         |
| 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                 |
| 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 sessions    | \$164                   | \$41                    |
|   | 8 sessions    | \$295                   | \$37                    |
| Non-Member rates not listed in price chart  |               |                         |                         |