

Non-Member Personal Training - 2026

Package Savings & Brief Description	Session Package	PACKAGE Cost PER PERSON	SESSION Cost PER PERSON
Personal Training - 60 Minute 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	\$99	\$99
	4	\$376	\$94
	8	\$713	\$89
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	\$224	\$56
	8	\$403	\$50
	Member rates not listed in price chart		