

PERSONAL TRAINING PRICING & PACKAGES



<u>24-Hour's Notice is Required for Cancellations</u> – In order to prevent charges or use of a pre-paid session.

A trainer's calendar relies on weekly confirmed appointments, and we need adequate time to reach out to those who may be on our waiting list for an appointment.

Package Quantity	Private 1:1 Personal Training	Partner/Doubles Personal Training
1	\$100 per session	\$110 per session
		(each person would pay: \$55)
5	\$350 (\$70/hr)	\$495
		(Each person would pay: \$247.50)
10	\$625 (\$62.50/hr)	\$650
		Each person would pay: \$325
15	\$850 (\$57/hr)	N/A
20	\$1,025 (\$51.25/hr)	\$1,275
		Each person would pay: \$637.50
	30-Minutes	30-Minutes
1	\$35 per session	\$40 per session (\$20 per person)
	30-Minutes	30-Minutes
10	\$325	\$375 (Each person would pay: \$187.50)
	30-Minutes	30-Minutes
20	\$625 (saves you \$75)	\$725 (Each person would pay: \$362.50)

* PARTNER TRAINING: If one person cannot make the appt, the other person has the option of

Paying for a private to keep their appt, or cancel by calling 908-428-7978