

PERSONAL TRAINING PACKAGES & FEES



Whether you're trying to lose a few pounds, compete in a triathlon, or just get healthier, our nationally certified personal trainers have the knowledge and skills to help you reach your goals. Our personal trainers will tailor a program to your specific needs, wants and goals and provide the coaching and motivation you need to help you succeed.

Benefits of Personal Training

- Gain strength
- Increase endurance
- Lose weight
- Build power
- Improve form
- Prevent injury
- Maximize efficiency
- Overcome plateaus

Individual Personal Training Packages & Fees

60-minute individual training sessions

- 1 session - \$60
- 6 sessions - \$300

30-minute individual training sessions

- 4 sessions - \$120
- 8 sessions - \$225
- 12 sessions - \$300

Partner Personal Training Packages & Fees

60-minute partner training sessions

- 6 sessions - \$180 per partner
- 8 sessions - \$225 per partner
- 12 sessions - \$325 per partner

30-minute partner training sessions

- 12 sessions - \$180 per partner

Team Personal Training Packages & Fees

60-minute team training sessions (3-4 people)

- 4 sessions - \$100 per person

