

Personal Training Fees

For more information contact:
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Individual:

# of Sessions	PT 1-Hour Member	PT 1-Hour Nonmember	PT ½-Hour Member	PT ½-Hour Nonmember
1	\$45	\$68	\$28	\$48
3	\$125 (\$135 Value)	\$189 (\$204 Value)	N/A	N/A
5	\$195 (\$225 Value)	\$290 (\$340 Value)	\$114 (\$140 Value)	\$190 (\$240 Value)
8	\$300 (\$360 Value)	\$424 (\$544 Value)	N/A	N/A
12	\$415 (\$540 Value)	\$540 (\$816 Value)	N/A	N/A

Group (Up to 3 People):

# of Sessions	PT 1-Hour Member	PT 1-Hour Nonmember
1	\$50 (Up to \$135 Value)	\$75 (Up to \$204 Value)
3	\$150 (Up to \$406 Value)	\$200 (Up to \$612 Value)
5	\$225 (Up to \$675 Value)	\$300 (Up to \$1020 Value)
8	\$315 (Up to \$1080 Value)	\$440 (Up to \$1632 Value)
12	\$445 (Up to \$1620 Value)	\$564 (Up to \$2448 Value)

Other Fitness Services:

Triple Packed Personal Training:

(1) 1-Hr. Session + (2) ½-Hr. Sessions
\$72 M/ \$120 NM

Trigger Point Therapy:

½-Hour: \$28 M/ \$48 NM
1-Hour: \$45 M/ \$68 NM

Spa and Trainer Packages:

5 1-Hour PT sessions & 2 1-Hour Spa treatments

\$300 M / \$400 NM

8 1-Hour PT sessions & 4 1-Hour Spa treatments

\$500 M / \$650 NM

