

## Personal/Athlete Training Prices

### 60 Minute Sessions

Each personal training package includes one free 60 minute assesment.  
Additonal assesments are \$25.

Packages	Price	Price/Session
4 Sessions	\$180	\$45
8 Sessions	\$340	\$42.50
12 Sessions	\$480	\$40
16 Sessions	\$600	\$37.50
24 Sessions	\$840	\$35

### 30 Minute Sessions

Each personal training package includes one free 60  
minute assesment.  
Additonal assesments are \$25.

Packages	Price	Price/Session
4 Sessions	\$120	\$30
8 Sessions	\$220	\$27.50
12 Sessions	\$300	\$25
16 Sessions	\$360	\$22.50
24 Sessions	\$480	\$20

### 60 Minute Buddy Training

Buddy training package prices listed are per person.

Each personal training package includes one free 60 minute assesment. Additonal assesments are \$25.

Number of People	4 Session Package	8 Session Package	12 Session Package	16 Session Package	24 Session Package	Price/Session
2 People	\$140	\$280	\$420	\$560	\$840	\$35
3 People	\$130	\$260	\$390	\$520	\$780	\$32.50
4 People	\$120	\$240	\$360	\$480	\$720	\$30