



Success...not if, but how

Personal Training Pricing

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One-on One Training

Single Sessions: \$60/hr

*Packages: 3 sessions ~ \$150
6 sessions ~ \$340
8 sessions ~ \$400
12 sessions ~ \$565
24 sessions ~ \$1000*

Buddy Training: train with a friend and save!

Single Sessions: \$40/hr per person

*Packages: 3 sessions ~ \$225
6 sessions ~ \$420
8 sessions ~ \$530
12 sessions ~ \$745
24 sessions ~ \$1395*

*Session are 1 hour in length but can be broken down into
½ hour sessions to suit your needs and/or schedule.*

“Nothing we can do changes the past but everything we do changes the future.”

Winston Churchill

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