



Personal Training Options

Initial consultation and fitness assessments: \$40.00

Individual Training

Per hour: \$40.00

10 Session Package : \$350.00

Group Training

For 2: Per hour/per person \$35

For 3: Per hour/per person \$30

***Personal Program Option**

If you prefer to work out on your own, after your consultation we can design a program for you to work with. When you are ready for it to change, we meet again!

\$40 per program/per change

(based on 1 hour meeting with exercise review)