



Woman's

Personal Training Rates & Fees

Member Individual Rates

45-Minute Session\$50.00

Member Individual Package Rates

15-Session Package (20% savings)

45-Minute Sessions \$600.00

30-Minute Sessions \$480.00

8-Session Package (15% savings)

45-Minute Sessions \$340.00

30-Minute Sessions \$272.00

5-Session Package (10% savings)

45-Minute Sessions \$225.00

30-Minute Sessions \$180.00

New Member and Renewal Firestarter Special

3-Session Package (20% savings)

45-Minute Sessions \$120.00

Member Group Package Rates

15-Session Package (20% savings)

1 Hour Sessions

Group of 2\$540.00 per person

Group of 3 or more\$480.00 per person

45-Minute Sessions

Group of 2\$405.00 per person

Group of 3 or more\$360.00 per person

30-Minute Sessions

Group of 2\$270.00 per person

Group of 3 or more\$240.00 per person

8-Session Package (15% savings)

1 Hour Sessions

Group of 2\$306.00 per person

Group of 3 or more\$272.00 per person

45-Minute Sessions

Group of 2\$229.50 per person

Group of 3 or more\$204.00 per person

30-Minute Sessions

Group of 2\$153.00 per person

Group of 3 or more\$136.00 per person



Woman's

Personal Training Rates & Fees

5-Session Package (10% savings)

5-Session Package

1 Hour Sessions

Group of 2.....\$202.50 per person

Group of 3 or more.....\$180.00 per person

45-Minute Sessions

Group of 2.....\$151.88 per person

Group of 3 or more.....\$135.00 per person

30-Minute Sessions

Group of 2.....\$101.25 per person

Group of 3 or more.....\$90.00 per person

Nonmember Individual Package Rates

8-Session Package

45-Minute Sessions.....\$480.00

3-Session Package

45-Minute Sessions.....\$195.00

Nonmember Group Package Rates

8-Session Package

Group of 2.....\$440.00 per person

Group of 3 or more.....\$400.00 per person

5-Session Package

Group of 2.....\$280.00 per person

Group of 3 or more.....\$255.00 per person

Applicable sales tax included. Rates subject to change.