

# Personal Training Packages

## 60 minutes 1-on-1:

- 2 sessions/wk or 8/mth = \$520/mth (\$65/hr)
- 3 sessions/wk or 12/mth = \$720/mth (\$60/hr)
- 4 sessions/wk or 16/mth = \$880/mth (\$55/hr)

## 60 minutes *Partner* Training:

- 2 sessions/wk or 8/mth = \$720/mth (\$90/hr or \$45ea.)
- 3 sessions/wk or 12/mth = \$960/mth (\$80/hr or \$40ea.)
- 4 sessions/wk or 16/mth = \$1,120/mth (\$70/hr or \$35ea.)

## 30 minutes 1-on-1:

- 2 sessions/wk or 8/mth = \$360/mth (\$45/session)
- 3 sessions/wk or 12/mth = \$480/mth (\$40/session)
- 4 sessions/wk or 16/mth = \$560/mth (\$35/session)

## 30 minutes *Partner* Training:

- 2 sessions/wk or 8/mth = \$560/mth (\$70/ses. or \$35ea.)
- 3 sessions/wk or 12/mth = \$720/mth (\$60/ses. or \$30ea.)
- 4 sessions/wk or 16/mth = \$800/mth (\$50/ses. or \$25ea.)