



## **PERSONAL TRAINING INVESTMENTS:**

- **Initial Fitness Assessment \$50.00**
- **Training Session \$50.00**
- **Partner Session \$75.00**
- **Small Group (3-5 members) Training Sessions**
  - **3 members - \$28 each per session**
  - **4 members - \$21 each per session**
  - **5 members - \$17 each per session**
- **10% discount on all sessions when purchasing 10+ week package.**

## **CORPORATE & GROUP INVESTMENTS:**

*Contact us for a quote*

- **ONLINE Training**
- **Fitness Presentations**
- **Employee Fitness Assessment Days**
- **Boot Camp Workouts (modified for all fitness levels)**

