



Prices for Services

December 1st, 2009

SOLO

Personal Training Sessions (30 Minutes)

Rate per session \$30.00

Hour session \$60.00

PARTNER

Personal Training Sessions (30 Minutes)

Rate per session \$15.00 per person

Max 3 people per 30 minutes.

Groups of 4+ must go to hour sessions

If your partner **reschedules (24 hours prior to session)** and you come by yourself, **you** are responsible for the **full** price of the session. If your partner **cancels** or **no-shows**, then your partner is charged for a cancel and you are still charged for a partner session.

CARDIO

Training Sessions with Cardio: \$20.00 per month + session prices
(Unlimited use of cardio equipment)

CLASS

(Spin, Yoga, PAC)

\$10.00 per class

\$49.95 per month (w/ 3 month agreement)

OFF-HOURS

1pm-4pm Monday thru Thursday

Full facility use without trainer: 39.95 per month

NUTRITIONAL CONSULTATIONS

Clients: \$45

Non-Clients: \$55

6 week Follow up plan w/ consultation \$75

Childcare is offered: Monday thru Friday 9-12