



# Personal Training Rates

<b>Individual (1 hour)</b>	<b>Pass Holder</b>	<b>Non Pass Holder</b>
1 session	\$ 48	\$ 56
5 sessions	\$ 228	\$ 266
10 sessions	\$ 432	\$ 504
30 + sessions	\$ 1152	\$ 1344
<b>Express 30 minutes</b>	<b>Pass Holder</b>	<b>Non Pass Holder</b>
1 session	\$ 32	\$ 38
5 sessions	\$ 152	\$ 181
10 sessions	\$ 288	\$ 342
30 + sessions	\$ 768	\$ 912
<b>First time training client special</b>	<b>Pass Holder</b>	<b>Non Pass Holder</b>
3-30 minute sessions	\$84	\$100
<b>Partner (1 hour)</b>	<b>Pass Holder</b>	<b>Non Pass Holder</b>
1 session	\$ 36	\$ 42
5 sessions	\$ 171	\$ 200
10 sessions	\$ 324	\$ 380
<b>Semi-Private</b>	<b>Pass Holder</b>	<b>Non Pass Holder</b>
4 session	\$ 116	\$ 140