



# Personal Training Packages

## ELITE GROUP TRAINING

### 4 Session Pack - \$120.00

Trainer-led  
30 minute session  
3-4 participants

## BUDDY TRAINING

### 2 Members

1 hour . . . . . \$63.75  
30 min . . . . . \$37.50

(pricing is per member)

## PRIVATE TRAINING

### 8 Sessions

8 @ 1 hour . . . . . \$620.00  
8 @ 30 min . . . . . \$340.00

( \$77.50 per 1 hour session/  
\$42.50 per 30 minute session )

### 4 Sessions

4 @ 1 hour . . . . . \$320.00  
4 @ 30 min . . . . . \$180.00

( \$80.00 per 1 hour session/  
\$45.00 per 30 minute session )

### Single Session

1 hour . . . . . \$85.00  
30 min . . . . . \$45.00

(one-on-one training session)

\*Training package session fees purchased are non-refundable.

*#ShapesStrong*

