



Personal Training Rates

Members:

30 minutes = \$30 each if buying 4 or less at 1 time
30 minutes = \$22 each for increments of 5 at 1 time
45 minutes = \$35 each if buying 4 or less at 1 time
45 minutes = \$27 each for increments of 5 at 1 time
60 minutes = \$40 each if buying 4 or less at 1 time
60 minutes = \$32 each for increments of 5 at 1 time

Non-Members:

30 minutes = \$35 each if buying 4 or less at 1 time
30 minutes = \$27 each for increments of 5 at 1 time
45 minutes = \$40 each if buying 4 or less at 1 time
45 minutes = \$32 each for increments of 5 at 1 time
60 minutes = \$45 each if buying 4 or less at 1 time
60 minutes = \$37 each for increments of 5 at 1 time

Partner training:

2 people (both **MUST** attend session)
1-hour sessions only
\$25 per member, \$30 per non-member
No individual training at this rate

Group training:

3-6 people (at least 3 **MUST** attend session)
1-hour sessions only
\$20 per member, \$25 per non-member
No individual or partner training at this rate

People can purchase as many or as few sessions as they would like.

Receipts for purchased training sessions go in Amber Kershner's mailbox. New clients will be contacted by a Personal Trainer within 24 hours to set up a free consultation.