

# PERSONAL & GROUP TRAINING RATES

Effective 2019



**Quality Fitness**  
for your quality of life

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## Personal Training Drop-In Rates

(single session)

Private Session, 1 on 1	\$75.00
Group Session, 1 on 2	\$60.00

## Save money with a Personal Training Membership!

- The longer you invest, the more you save!
- Find a workout buddy or group, and you can save even more!
- Session Duration: 55 minutes long.
- Personal Training: 1 on 1. You reserve the hour with your specific trainer.
- Group Training: Willing to share your time with another/other client(s) (at a discounted rate).

<u># of Sessions/ Week</u>	<u>Personal Training (1 on 1)/ Group (1 on 2+)</u>	<u>Duration</u>	<u>Avg. Cost/Session</u>	<u>Total Cost</u>
<b>PRE-PAID OPTIONS:</b>				
1x/Week (or 5 sessions)	Personal	1 Month	\$60/Session	\$300.00
1x/Week (or 5 sessions)	Group	1 Month	\$45/Session	\$225.00
1x/Week (or 13 sessions)	Personal	3 Months	\$55/Session	\$715.00
1x/Week (or 13 sessions)	Group	3 Months	\$40/Session	\$520.00
2x/Week (or 9 sessions)	Personal	1 Month	\$55.00/Session	\$495.00
2x/Week (or 9 sessions)	Group	1 Month	\$40.00/Session	\$360.00
2x/Week (or 26 sessions)	Personal	3 Months	\$50.00/Session	\$1,300.00
2x/Week (or 26 sessions)	Group	3 Months	\$35.00/Session	\$910.00
<b>CONTRACT OPTIONS (Billed Monthly*):</b>				
1x/Week (or 5 sessions)	Personal	6 Months*	\$50.00/Session	\$250.00*
1x/Week (or 5 sessions)	Group	6 Months*	\$35.00/Session	\$175.00*
1x/Week (or 5 sessions)	Personal	1 Year*	\$45.00/Session	\$225.00*
1x/Week (or 5 sessions)	Group	1 Year*	\$30.00/Session	\$150.00*
2x/Week (or 9 sessions)	Personal	6 Months*	\$45.00/Session	\$405.00*
2x/Week (or 9 sessions)	Group	6 Months*	\$30.00/Session	\$270.00*
2x/Week (or 9 sessions)	Personal	1 Year*	\$40.00/Session	\$360.00*
2x/Week (or 9 sessions)	Group	1 Year*	\$25.00/Session	\$225.00*

*~Special Arrangements made for those wishing to train more than 2x/week~*

### Membership Billing Information

- No Enrollment Fees or Deposits!
- New monthly contract memberships are pro-rated balance of first partial month
- Month-to-Month Memberships and Month-to-Month Family Memberships renew monthly and are non-refundable; to cancel notify us by the 15<sup>th</sup> of prior month.
- Yearlong contracts can be suspended once per year at any time ("vacation hold") without a fee. Suspension is activated at the start of the next billing cycle and monthly billing automatically resumes at end of suspension. Request in monthly increments up to 3 months. Additional suspensions are \$50.00/suspension.
- Cancellation fees only apply to the Contracts, not pre-paid options; 50% of remaining monthly payments are due at time of cancellation.
- Credit card/debit card required for automatic billing of month-to-month or 12-month Studio memberships.
- Pre-paid memberships may be paid via credit/debit card, check or cash. No refunds.
- No refunds on purchases.

**Rate Schedule Effective 2019**    *Subject to change with appropriate notice*