

Free Fitness Evaluation

Includes:

- Blood Pressure
- Weight/Measurements
- Body Fat Analysis
- Cardiovascular Efficiency
- Strength Testing
- Flexibility Testing



1 Hour Sessions

Personal Training Packages

Single Session

\$55

Intro Package

3 @ \$35/session = \$105

Regular Packages

6 @ \$50/session = \$300

12 @ \$45/session = \$540

24 @ \$35/session = \$840

Group Package- 2 People

3 @ \$35/session/person = \$210

6 @ \$30/session/person = \$360

12 @ \$25/session/person = \$600

30 Min. Sessions

Personal Training Packages

Single Session

\$32.50

Intro Package

3 @ \$22.50/session = \$67.50

Regular Packages

6 @ \$30/session = \$180

12 @ \$27.50/session = \$330

24 @ \$22.50/session = \$540

Group Package- 2 People

3 @ \$22.50/session/person = \$135

6 @ \$20/session/person = \$240

12 @ \$17.50/session/person = \$420