INDIVIDUAL
Work with a Certified Personal Trainer to meet your specific goals and needs.
• $45/Fitness Assessment (75 min.) *Required before other sessions*
• $40 per session (60 min.)
• $110 per three sessions (180 min.)
• $195 per six sessions (360 min.)

GROUP*
Exercise with friends in a semi-private setting for more accountability and fun with the same specialized attention as an individual session. Note that group* size is 2-4 people.
• $36 Introductory session per person (75 min.) *Required before other sessions*
• $33 per person, one session (60 min.)
• $81 per person, three sessions (180 min.)
• $150 per person, six sessions (360 min.)

FOR MORE INFORMATION CONTACT:
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SOUTHEAST: 720.859.4943