



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MORE THAN MUSCLE IT'S PERSONAL

PERSONAL TRAINING PACKAGES AND PRICING 2025

60-Minute Sessions (Single Session \$65)

60 Minute Package Deals

4 sessions	\$252	\$63/session
8 sessions	\$488	\$61/session
12 sessions	\$708	\$59/session

30-Minute Sessions (Single Session \$40)

30 Minute Package Deals

4 sessions	\$156	\$39/session
8 sessions	\$304	\$38/session
12 sessions	\$444	\$37/session

Buddy Training (Single Session \$40 PER PERSON)

Buddy Training Package Deals

4 sessions	\$156	\$39/session
8 sessions	\$304	\$38/session
12 sessions	\$444	\$37/session

YOUR SUCCESS IS OUR PRIORITY!

Get connected with a Personal Trainer that best fits your age, ability, lifestyle and goals! Scan QR code for more information.

