



### **Group Training:**

45-50 Minute Sessions (5-10) people with a Coach. These sessions are conducted in a circuit format usually using some type of timed intervals. The Group Training times are predetermined and do not require an appointment.

UNLIMITED: \$149.00 per month. Drop in rate \$25.00

Current Schedule: Monday: 6:00 am, 5:30 pm

Tuesday: 6:00 am, 5:30 pm

Wednesday: No Class

Thursday: 6:00 am, 5:30 pm

Friday: 6:00 am, 7:00 am

Saturday: 8:00 am

### **Small Group Personal Training:**

45-50 Minute Sessions (2-4) people with a Coach. Small group sessions are booked on the hour by appointment. There is also a 24-hour cancellation policy for late cancellations. This is a more focused session and it is perfect for clients with specific goals, injuries and those who do not prefer to work in larger groups.

1 weekly session: \$199.00 per month

2 weekly sessions: \$299.00 per month

3 weekly sessions: \$429.00 per month

**One-On-One Personal Training:** Half hour sessions. This is the fastest way to reach your fitness goals. We offer guidance, motivation, accountability and a customized program based on your individual needs.

1 Day a Week: \$199.00 monthly

2 Days a Week: \$329.00 monthly

3 Days a Week: \$439.00 monthly

\* All membership rates require direct monthly billing to credit a card.

