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Private and Semi-Private Personal Training Fees

Private Training

Training Cost - 60 minute sessions (private one-on-one)

# of sessions	pre-paid discount	cost per session	total cost	total savings
1	--	\$60.00	60.00	--
4	10%	\$54.00	\$216.00	\$ 24.00
8	20%	\$48.00	\$384.00	\$ 96.00
12	25%	\$45.00	\$540.00	\$180.00

Training Cost - 30 minute sessions (private one-on-one)

# of sessions	pre-paid discount	cost per session	total cost	total savings
1	--	\$42.00	\$42.00	--
4	10%	\$37.80	\$151.20	\$16.80
8	20%	\$33.60	\$268.80	\$67.20
12	25%	\$31.50	\$378.00	\$126.00

Semi-Private Training

Training Cost - 60 minute sessions (semi-private – 2 people)

# of sessions	pre-paid discount	cost per session / per person	total cost / per person	total savings / per person
1	--	\$84.00/ \$42.00	\$84.00/ \$42.00	--
4	10%	\$75.60/ \$37.80	\$302.40/ \$151.20	\$33.60/ \$16.80
8	20%	\$67.20/ \$33.60	\$537.60/ \$268.80	\$134.40/ \$67.20
12	25%	\$63.00/ \$31.50	\$756.00/ \$378.00	\$252.00/ \$126.00

Training may also be provided in your home at an additional fee.

Training Policies & Procedures:

Cancellation Policy

24 hour notice is required to avoid being charged for your session. Please cancel by phone to ensure that I receive your information

Refund Policy

Pre-paid sessions are non-refundable. You may put your session on hold if a medical condition arises.

Transfer Policy

Pre-paid sessions are not transferrable to others. If you would like to help someone else to begin an exercise program, please consider purchasing a gift certificate for them.

Attendance

Please show up on time for your sessions and wear appropriate workout clothing. This means loose fitting clothes that you will be comfortable working out in and may include short or longer pants. It is recommended that women wear a sports bra. Please bring clean sneakers to change into before you enter the workout space.