

SMALL GROUP TRAINING RATES

30 Minute Group Training Sessions

Prices per participant. Groups can be up to four (4) participants.

| Sessions | Length | Rate per Session | Total |
|----------|-----------|------------------|----------|
| 1 | 30-minute | \$25.00 | \$25.00 |
| 4 | 30-minute | \$21.00 | \$84.00 |
| 8 | 30-minute | \$18.00 | \$144.00 |
| 12 | 30-minute | \$15.00 | \$180.00 |

45 Minute Group Training Sessions

Prices per participant. Groups can be up to four (4) participants.

| Sessions | Length | Rate per Session | Total |
|----------|-----------|------------------|----------|
| 1 | 45-minute | \$35.00 | \$35.00 |
| 4 | 45-minute | \$31.00 | \$124.00 |
| 8 | 45-minute | \$28.00 | \$224.00 |
| 12 | 45-minute | \$25.00 | \$300.00 |

Included with Group Training Packages:

Personal Consult:

Meet one-on-one with a Personal Trainer (up to 30-minutes).
Assess your fitness goals and needs to support your path to a healthy lifestyle.

Fitness Assessment:

Meet one-on-one with a Personal Trainer (up to 30-minutes).
Assess your current fitness level and establish a baseline to help monitor progress.

Notes:

- Prices are per participant. Groups can be up to 4 participants.
- Group training packages must be paid in full prior to starting.
- Each participant in the group must purchase the same amount of sessions and agree on a training schedule.
- Participants must all work out together at the scheduled time(s) with their trainer.
- **Example:** If a participant in a group of 4 misses a session, that participant cannot reschedule or receive credit for the missed session.
- Group training packages are non-refundable and must be used within one year of purchase barring illness/injury that prevents timely usage; unused sessions will be forfeited.
- Sessions must start and end on time. Members starting late will not be given additional time.
- Group training sessions cannot be transferred to another member.
- Group training clients must be 12 years of age or older.

Note: Members 12-15 years of age will need a parent to be present in the facility during all sessions.