

PERSONAL TRAINING RATES

Members	30 Min	45 Min	1 Hr
Individual Sessions	\$30	\$40	\$50
Individual 65& up / 18& younger sessions	\$25	\$35	\$45
Buddy / Couple Sessions	\$50	\$60	\$70
Non-Members	30 Min	45 Min	1 Hr
Individual Sessions	\$35	\$45	\$55
Individual 65& up / 18& younger sessions	\$30	\$40	\$50
Buddy / Couple Sessions	\$60	\$70	\$80

The rates listed are for the purchase of 4 or more sessions. If you purchase 3 or less sessions at a time rates will increase.