

Personal Training Programs

Program	Commitment	Total Sessions	Monthly Investment	Total Contract Cost	
"Total Committed"	12 Months (\$35 per session)	204 Sessions (Avg 4x/week)	\$599	\$7,188	Sign Me Up!
		156 Sessions (Avg 3x/week)	\$455	\$5,460	Sign Me Up!
		108 Sessions (Avg 2x/week)	\$309	\$3,708	Sign Me Up!
"The Committed"	6 Months (\$39 per session)	102 Sessions (Avg 4x/week)	\$655	\$3,930	Sign Me Up!
		78 Sessions (Avg 3x/week)	\$499	\$2,994	Sign Me Up!
		48 Sessions (Avg 2x/week)	\$304	\$1,824	Sign Me Up!
"The Transformation"	3 Months (\$42 per session)	51 Sessions (Avg 4x/week)	\$715	\$2,145	Sign Me Up!
		39 Sessions (Avg 3x/week)	\$549	\$1,647	Sign Me Up!
		24 Sessions (Avg 2x/week)	\$339	\$1,017	Sign Me Up!

Semi-Personal Training Programs

Program	Commitment	Total Sessions	Monthly Investment	Total Contract Cost	
"Total Committed"	12 Months (\$28 per session)	204 Sessions (Avg 4x/week)	\$475	\$5,700	Sign Me Up!
		156 Sessions (Avg 3x/week)	\$364	\$4,368	Sign Me Up!
		108 Sessions (Avg 2x/week)	\$249	\$2,988	Sign Me Up!
"The Committed"	6 Months (\$31 per session)	102 Sessions (Avg 4x/week)	\$519	\$3,114	Sign Me Up!
		78 Sessions (Avg 3x/week)	\$399	\$2,394	Sign Me Up!
		48 Sessions (Avg 2x/week)	\$254	\$1,524	Sign Me Up!
"The Transformation"	3 Months (\$34 per session)	51 Sessions (Avg 4x/week)	\$579	\$1,737	Sign Me Up!
		39 Sessions (Avg 3x/week)	\$439	\$1,317	Sign Me Up!
		24 Sessions (Avg 2x/week)	\$279	\$837	Sign Me Up!

Group PT (Max 5 People Per Session)

Program	Commitment	Total Sessions	Monthly Investment	
"Total Committed"	12 Months	Unlimited	\$189	Sign Me Up!
		2x/week	\$139	Sign Me Up!
"The Committed"	6 Months	Unlimited	\$209	Sign Me Up!
		2x/week	\$159	Sign Me Up!
"The Transformation"	3 Months	Unlimited	\$229	Sign Me Up!
		2x/week	\$179	Sign Me Up!