

COMPARE OUR FITNESS SERVICES

OF PARTICIPANTS

PERSONAL TRAINING

1-to-1 focus with your trainer every session.

SEMI-PRIVATE TRAINING

Up to 5 other members at the same time. Training times are available throughout the day. No need to bring your own partners.

SMALL GROUP TRAINING

Up to 9 other members at the same time. Training times are available throughout the day. No need to bring your own partners.

SESSION LENGTH

PERSONAL TRAINING

60 minutes

SEMI-PRIVATE TRAINING

60 minutes

SMALL GROUP TRAINING

30 minutes

AMOUNT OF SUPPORT

PERSONAL TRAINING

You want maximum support and coaching at all times during your training session.

SEMI-PRIVATE TRAINING

You need less attention, but would like personalized support.

SMALL GROUP TRAINING

You prefer a boutique group experience over a commercial environment.

WHO IS IT BEST FOR

PERSONAL TRAINING

You're 100% brand new to working out or have some serious injuries or health concerns.

SEMI-PRIVATE TRAINING

You want personal attention, but enjoy the camaraderie of other people.

SMALL GROUP TRAINING

You like the energy of a group atmosphere, but hate feeling anonymous.

INVESTMENT

PERSONAL TRAINING

Totally committed.

SEMI-PRIVATE TRAINING

Committed.

SMALL GROUP TRAINING

Sort of committed.