

# 1-on-1 Personal Training Rates

## 30-Min Sessions

### PRICING

Pay As You Go No Package or Monthly Commitment	\$50/Session
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### PUNCH CARD PRICING

You have 2 months from purchase date to use your sessions.

#### IN-PERSON TRAINING

# of SESSIONS	FREQUENCY	SESSION FEE	TOTAL
4	~1 Session / Week	\$50	\$200
8	~2 Sessions / Week	\$45	\$360
12	~3 Sessions / Week	\$40	\$480

#### VIRTUAL ZOOM TRAINING

# of SESSIONS	FREQUENCY	SESSION FEE	TOTAL
4	~1 Session / Week	\$45	\$180
8	~2 Sessions / Week	\$40	\$320
12	~3 Sessions / Week	\$35	\$420

### PRE-PAY & SAVE

I reward commitment - Pay upfront and save!

Pre-pay 3 Months	Take 10% off
Pre-pay 6 Months	Take 15% off
Pre-pay 1 Year	Take 20% off