

# INDIVIDUAL SESSION RATES

## FULL-HOUR SESSIONS

60-Minute Sessions	NON-MEMBER RATES		MEMBER RATES	
	Cost/Session	Total Cost	Cost/Session	Total Cost
1 Session	\$60 / Session	\$60	\$50 / Session	\$50
4 Session Package	\$55 / Session	\$220	\$45 / Session	\$180
8 Session Package	\$54 / Session	\$432	\$44 / Session	\$352
12 Session Package	\$53 / Session	\$636	\$43 / Session	\$516
16 Session Package	\$52 / Session	\$832	\$42 / Session	\$672

## HALF-HOUR SESSIONS

30-Minute Sessions	NON-MEMBER RATES		MEMBER RATES	
	Cost/Session	Total Cost	Cost/Session	Total Cost
1 Session	\$35 / Session	\$35	\$30 / Session	\$30

## Train Together

Groupfit exercise (small groups, 2-3 people) offers the same health benefits as personal training. It helps prevent heart disease, osteoporosis, and certain cancers.

## WHAT IS GROUFPFIT TRAINING

Groupfit exercise (small groups, 2-3 people) offers the same health benefits as personal training. It helps prevent heart disease, osteoporosis, and certain cancers. Feel better, sleep better, and think better. Now, take all of that one step further. Participating in group wellness can provide you with more accountability and structure. People who workout in groups are more likely to adhere to the wellness routine, more likely to challenge themselves and push themselves to the next level.

## GROUFPFIT TRAINING IS COST EFFECTIVE

The Groupfit training option is nearly one third the cost of an individual personal training session. It combines the benefits of 1-on-1 interaction with a certified personal trainer with the support and motivation from your workout partner. Never worry about coming up with a challenging workout plan again. Invest in yourself and get the ultimate boost to your current workout intensity.

### GROUFPFIT MEMBER RATES

#### 60-Minute Sessions, 2-3 People

4-Session Package	\$200
8-Session Package	\$370
12-Session Package	\$540
16-Session Package	\$700

#### 30-Minute Sessions, 2-3 People

Price Per Session	\$30
-------------------	------

### GROUFPFIT NON-MEMBER RATES

#### 60-Minute Sessions, 2-3 People

4-Session Package	\$240
8-Session Package	\$450
12-Session Package	\$660
16-Session Package	\$860

#### 30-Minute Sessions, 2-3 People

Price Per Session	\$35
-------------------	------