



Personal Training Price List

Personal Training

60 minute private session	\$72
30 minute private session	\$46

Small Group Personal Training (60 minute sessions)

2 - 4 participants	\$40/each
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Small Group Personal Training (30 minute sessions)

2 - 4 participants	\$24/each
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Empower on the Move

Minimum charge	\$125/hour
Off-site group classes	\$25/person *

*Minimum hourly charge or 5 participants to start a class

**Maximum number per class is 15

Preferred Personal Training Packages

Personal Training (60 minute sessions)

60 sessions (\$60/session – water bottle & t-shirt)*	\$3600
40 sessions (\$62/session – water bottle)*	\$2480
20 sessions (\$64/session)	\$1280
10 sessions (\$68/session)	\$680

*T-shirt and water bottle given only for payment in full

Personal Training (30 minute sessions)

60 sessions (\$36/session)	\$2160
40 sessions (\$38/session)	\$1520
20 sessions (\$40/session)	\$800
10 sessions (\$42/session)	\$420

Refund Policy:

In the event a Client elects to cancel his/her Preferred Personal Training Package, the client will be refunded 50% of the value for all unused sessions based on the package purchased. Clients that have not paid in full for their Preferred Personal Training package will be charged 50% of the value of the unused sessions at the time of cancellation.