



Services Price List

Personal Training (Single Session)

60 minute private session	\$76
30 minute private session	\$48

Preferred Personal Training Packages

Personal Training (60 minute sessions)

60 sessions (\$64/session)	\$3840
40 sessions (\$66/session)	\$2640
20 sessions (\$68/session)	\$1360
10 sessions (\$72/session)	\$720
5 sessions (\$74/session)	\$370

Personal Training (30 minute sessions)

60 sessions (\$38/session)	\$2280
40 sessions (\$40/session)	\$1600
20 sessions (\$42/session)	\$840
10 sessions (\$44/session)	\$440

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.

Small Group Personal Training

Small Group Personal Training (60 minute sessions)

2 - 4 participants	\$44/each
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Small Group Personal Training (30 minute sessions)

2 - 4 participants	\$26/each
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Yoga and Pilates (60 minute sessions)

Private sessions	\$70
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Group Classes (Universal Pass Card)

5 class card	\$100
10 class card	\$180
15 class card	\$225

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