



2023-2024 Personal Training Packages/Rates

PRIVATE SESSIONS (one-on-one training)

1-Hour Options

	Cost Per Session	Package Price (paid in full)	Monthly Payments
1 session	\$78	\$78	N/A
6 sessions	\$76	\$456	N/A
13 sessions	\$73	\$949	\$316.33 for 3 months
26 sessions	\$70	\$1,820	\$606.67 for 3 months

30-Minute Options

	Cost Per Session	Package Price (paid in full)	Monthly Payments
1 session	\$42	\$42	N/A
6 sessions	\$40	\$240	N/A
13 sessions	\$38	\$494	\$164.67 for 3 months
26 sessions	\$37	\$962	\$320.67 for 3 months

SEMI-PRIVATE SESSIONS (2-person training)

1-Hour Options

	Cost Per Session	Cost Per Person	Total Cost for 2 People	Monthly Payment Per Person
6 sessions	\$57	\$342	\$684	N/A
13 sessions	\$54	\$702	\$1,404	\$234 for 3 months
26 sessions	\$52	\$1,352	\$2,704	\$450.67 for 3 months

30-Minute Options

	Cost Per Session	Cost Per Person	Total Cost for 2 People	Monthly Payment Per Person
6 sessions	\$31	\$186	\$372	N/A
13 sessions	\$29	\$377	\$754	\$125.67 for 3 months
26 sessions	\$28	\$728	\$1,456	\$242.67 for 3 months

SMALL GROUP PERSONAL TRAINING (3+ people)

1-Hour Options

	Cost Per Person	Total Cost per Person	Monthly Payment
4 sessions	\$31	\$124	N/A
10 sessions	\$31	\$310	N/A

TEEN SMALL GROUP PERSONAL TRAINING (3+ people)

30-Minute Options

	Cost Per Person	Total Cost per Person	Monthly Payment
4 sessions	\$22	\$88	N/A
10 sessions	\$22	\$220	N/A

NEW MEMBER INTRODUCTORY PRIVATE PACKAGE

30-Minute Option

	Cost Per Session	Package Price (paid in full)	Monthly Payments
4 sessions	\$30	\$120	N/A

- All payments are due at the beginning of contract and payments thereafter on the 3rd of the month
- Packages cannot be combined
- For more information regarding Personal Training/Pilates Services, please contact Manager of Training Demetri Knowles at 678.812.3692
- All training sessions/packages will expire one year from date of purchase
- There are no refunds for unused Personal Training/Pilates sessions
- Twenty-four (24) hour notice is required for all cancellations or client will be charged for the training session