



2025-26 Personal Training Packages/Rates

PRIVATE SESSIONS (one-on-one training)



1-Hour Options

	Cost Per Session	Package Price (paid in full)	Monthly Payments
6 sessions	\$82	\$492	N/A
13 sessions	\$80	\$1,040	\$346.67 for 3 months
26 sessions	\$78	\$2,028	\$676.00 for 3 months



30-Minute Options

	Cost Per Session	Package Price (paid in full)	Monthly Payments
6 sessions	\$44	\$264	N/A
13 sessions	\$42	\$546	\$182.00 for 3 months
26 sessions	\$40	\$1,040	\$346.67 for 3 months

SEMI-PRIVATE SESSIONS (two-person training)



1-Hour Options

	Cost Per Session	Cost Per Person	Total Cost for 2 People	Monthly Payment Per Person
6 sessions	\$61	\$366	\$732	N/A
13 sessions	\$59	\$767	\$1,534	\$255.67 for 3 months
26 sessions	\$57	\$1,482	\$2,964	\$494.00 for 3 months



30-Minute Options

	Cost Per Session	Cost Per Person	Total Cost for 2 People	Monthly Payment Per Person
6 sessions	\$34	\$204	\$408	N/A
13 sessions	\$32	\$416	\$832	\$138.67 for 3 months
26 sessions	\$30	\$780	\$1,560	\$260.00 for 3 months

SMALL GROUP PERSONAL TRAINING (3+ people)



1-Hour Options

	Cost Per Person	Total Cost per Person	Monthly Payment
4 sessions	\$34	\$136	N/A
10 sessions	\$34	\$340	N/A

NEW MEMBER INTRODUCTORY PRIVATE PACKAGE



30-Minute Option

	Cost Per Session	Package Price (paid in full)	Monthly Payments
4 sessions	\$35	\$140	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 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