



One on One Training

Once a Week*

65 a session

260 monthly

(750 for 12 sessions at once)

Twice a Week Quick HIIT**

65 for each hour session

35 for each ½ hr session

400 monthly

(1050 for 24 at once)

5 Sessions @ 70

350

Must be used within 5 weeks

***Requires 3 Month commitment**

5% off applied to all packages for Seniors, Military, & Service Women (Nurses, Firefighters, Police, Teachers)

**** Twice a Week Quick HIIT consist of 1 Hour workout & one 30-40 Minute workout. This packages is faced paced, and recommended for intermediate/advanced clients with mastery of certain fundamentals. All mobility warm-ups, stretches, & readiness should be done prior to training to maximize time!**