



# Personal Training Monthly Pricing\*

\*Prices below assume 4 weeks/month. Will be adjusted for additional sessions for months with 5 weeks.

One-on-One  
Personal  
Training  
(30 min)

3 times/week \$432  
2 times/week \$288  
1 time/week \$144

One-on-One  
Personal  
Training  
(60 min)

3 times/week \$864  
2 times/week \$576  
1 time/week \$288

Two-  
Person  
Group

3 times/week \$216 } per  
2 times/week \$144 }  
1 time/week \$ 72 } person

Three-  
Person  
Group

3 times/week \$144 } per  
2 times/week \$ 96 }  
1 time/week \$ 48 } person

Four-  
Person  
Group

3 times/week \$108 } per  
2 times/week \$ 72 }  
1 time/week \$ 36 } person

Initial  
Fitness  
Evaluation/  
Planning

\$60

# Personal Training Fitness Evaluation

A comprehensive initial fitness evaluation is a critically important step in the development of a safe and effective fitness plan unique to your baseline, needs and goals. It allows your training specialist to gain insight into where you are at the start of your fitness journey, provides a reference point from which you and your trainer can measure your progress, and helps clarify strategies and actions most likely to lead to the outcomes you are working towards.

Measurement components of a fitness evaluation may include:

- ✦ Biometrics, .e.g.
  - Blood pressure
  - Body composition (BMI, % body fat, muscle, water)
  - Body measurements
  - Resting heart rate and heart rate recovery
  
- ✦ Movement analysis
  
- ✦ Postural assessment
  
- ✦ Qualitative measurements of muscle strength and endurance, cardiovascular endurance and flexibility
  
- ✦ Nutritional intake (optional; added cost depending on service level)