INDIVIDUAL
Work with a Certified Personal Trainer to meet your specific goals and needs.

- $45/Fitness Assessment (60 min.) *Required before other sessions*
- $40/1 session (60 min.) - $28/1 session (30 min. each)
- $110/3 sessions (180 min.) - $75/3 sessions (30 min. each)
- $195/6 sessions (360 min.)

GROUP
Exercise with friends in a semi-private setting for more accountability and fun with the same specialized attention as an individual session.

Group size is 2-4 people
- $36/Introductory session per person (75 min.) *Required before other sessions*
- $33/1 session per person (60 min.)
- $81/3 sessions per person (180 min.)
- $150/6 sessions per person (360 min.)