



Kallie & Lisa's Personal Training Rates/Packages

Required: Initial Consult, Weigh-In & Measure \$40

	Private	Duo	Trio	Four
4 Sessions/Mth	Once/Week			
Session	\$40	\$35	\$30	\$25
Weekly	\$40	\$35	\$30	\$25
Monthly	\$160	\$140	\$120	\$100
8 Sessions/Mth	Twice/Week			
Session	\$35	\$30	\$25	\$20
Weekly	\$70	\$60	\$50	\$40
Monthly	\$280	\$240	\$200	\$160
12 Sessions/Mth	Three/Week			
Session	\$30	\$25	\$20	\$15
Weekly	\$90	\$75	\$60	\$45
Monthly	\$360	\$300	\$240	\$180
16 Sessions/Mth	Four/Week			
Session	\$28	\$23	\$18	\$13
Weekly	\$140	\$115	\$90	\$65
Monthly	\$560	\$460	\$360	\$260

All sessions must be paid PRIOR to session

Option to pay weekly or monthly rate

Must cancel 24 hours ahead or WILL be charged for session

Workout sessions are ONE hour in length

Nonmembers add \$5/session