

Personal Training Rates

Personal Training Assessment: Assessments can either be paid for separately from personal training sessions or used as one of the paid sessions.

A free basic risk assessment (blood pressure, resting heart rate, height, and weight) is required prior to beginning any personal training program.

Half hour basic assessment- \$25 includes heart rate, blood pressure, body composition, body mass index, cardiovascular, muscular strength, flexibility and postural assessment. A professionally designed fitness analysis of the assessment will be provided.

One hour assessment- \$50 includes body composition (body fat), body mass index (weight), blood pressure, heart rate, exercise recovery heart rate, exercise target heart rate range, girth measurements, cardiovascular fitness, muscular strength and endurance, postural and flexibility assessments. Additional assessments may be administered if trainer feels this is appropriate for the client. Furthermore, a professionally designed fitness analysis of the assessment will be provided.

Personal Training Sessions:

One hour sessions- Discount given for multiple session purchase

Single Session: \$50

Four Sessions: \$180

Eight Sessions: \$350

Twelve Sessions: \$480

Half hour sessions- Discount given for multiple session purchase

Single Session: \$25

Four Sessions: \$90

Eight Sessions: \$175.04

Twelve Sessions: \$240

Multiple Client Sessions:

One hour sessions- No discount for multiple session purchase

1st additional client pays \$25 per session

2nd additional client pays \$20 per session

3rd and 4th additional client pays \$15 per session

Half hour sessions- No discount for multiple session purchase

1st and 2nd additional client pays \$15 per session

3rd additional client pays \$10 per session