

Personal Training



Need help with your fitness journey?

Hire one of our Personal Trainers to help you get your goals achieved.

Bring a partner, or two, as we have packages that accommodate small groups



Meredith



Monique



Shemar



Eric



POWER
WORKOUT

Get in Shape with Us!

Book a session today!

# of Sessions	Individual		Partner		Small Group	
	30 Min	60 Min	30 Min	60 Min	30 Min	60 Min
1	\$35	\$50	\$28	\$40	\$25	\$35
3	\$105	\$150	\$80	\$120	\$75	\$105
6	\$210	\$300	\$168	\$240	\$150	\$210
12	\$372	\$552	\$315	\$450	\$273	\$390

Personal Training Policies

Trainees more than 10 minutes late will not initiate a session and will be considered a paid cancelled session. 24 hours' notice must be given to the trainer to avoid forfeiture of paid session.

Personal Training Sessions are scheduled based on availability of inquired trainer and trainee agreed scheduling.

Trainees must be over the age 11.

Full Payment is required upon agreement to train and before scheduling. Please be advised that there is no refund policy.