



SERVICE DESCRIPTIONS

Personal Training

Individual or two-person, one-hour sessions, by appointment.

Singles

10 sessions – \$700 (\$70/session)
20 sessions – \$1300 (\$65/session)

Doubles

10 sessions – \$900 (\$45/session, per person)
20 sessions – \$1700 (\$42.50/session, per person)

Fitness Assessments

A fitness assessment provides information about your baseline fitness level including body composition, muscular strength, cardiovascular endurance, and flexibility. It allows our personal trainers to develop a safe and effective exercise program to fit your needs based on your assessment results. It also motivates you to stick with your training program and allows us to measure your progress through periodic testing.

\$100

Nutritional Counseling

Dietary evaluations, nutrition for special needs, information on healthy food options and supplements and meal planning.

One half-hour – \$50
One hour – \$90

Daily Food E-Logs

One week – \$110
Two weeks – \$200
Three weeks – \$280
Four weeks – \$350

Healthy Lifestyle Coaching

Begins with an assessment of your roadblocks to health and fitness. You and your coach develop a plan of action and accountability to help you achieve defined fitness goals. Includes personal training, nutritional counseling, and regular monitoring of your exercise and nutrition plan.

\$100 – \$500 per month

Family/Group Training

Have a group interested in working out together? We'll customize sessions for the type and level of exercise you'd like.

Varies depending on group size