

PERSONAL TRAINING PRICES

STANDARD PACKAGES:

30-Minute Sessions:

RVAC Members:

1 session = \$59
5 sessions = \$280 (5% Discount)
10 sessions = \$535 (10% Discount)

Non-members:

1 session = \$63
5 sessions = \$299
10 sessions = \$570

45-Minute Sessions:

RVAC Members:

1 session = \$72
5 sessions = \$340 (5% Discount)
10 sessions = \$650 (10% Discount)

Non-members:

1 session = \$76
5 sessions = \$360
10 sessions = \$685

60-Minute Sessions:

RVAC Members:

1 session = \$87
5 sessions = \$415 (5% Discount)
10 sessions = \$780 (10+% Discount)

Non-members:

1 session = \$91
5 sessions = \$430
10 sessions = \$820

INTRODUCTORY/COACHING PACKAGES(new clients only)

3 – 1 hour Sessions: \$259 members (\$269 non-members)

3 – 45 hour Sessions: \$212 members (\$224 non-members)

3- 30-min Sessions: \$165 members (\$175 non-members)

PROGRAMMING PACKAGES:

3-month Option: \$229/\$249 A personal trainer writes you two, 6-week programs and you meet for a 30-minute session at the beginning of each 6-week period (2). Phone/email check-ins between meetings.

6-month Option: \$399/\$429 A personal trainer writes you four, 6-week programs and you meet for a 30-minute sessions at the beginning of each 6-week period (4). Phone/email check-ins between meetings.

*****All personal training packages include a complimentary movement assessment, customized cardio vascular training recommendations, general nutrition information, and written workouts as applicable*****