



# T&C FIRST FLOOR PERSONAL TRAINING PACKAGES



## ONE-ON-ONE TRAINING PACKAGE OPTIONS

<b>1 HR. - 18 SESSIONS</b>	<b>1 HR. - 12 SESSIONS</b>	<b>1 HR. - 8 SESSIONS</b>	<b>1 HR. - 4 SESSIONS</b>
<b>\$800*</b>	<b>\$575*</b>	<b>\$385*</b>	<b>\$200*</b>
<ul style="list-style-type: none"> <li>• Flexible Scheduling</li> <li>• Personal Fitness Assessment Included</li> </ul>	<ul style="list-style-type: none"> <li>• Flexible Scheduling</li> <li>• Personal Fitness Assessment Included</li> </ul>	<ul style="list-style-type: none"> <li>• Flexible Scheduling</li> <li>• Personal Fitness Assessment Included</li> </ul>	<ul style="list-style-type: none"> <li>• Flexible Scheduling</li> <li>• Personal Fitness Assessment Included</li> </ul>
<b>BEST VALUE!</b>	<b>MOST POPULAR!</b>		<b>BEGINNER FRIENDLY!</b>

<b>1 HR. - 26 SESSIONS</b>	<b>1 HR. - 52 SESSIONS</b>	<b>1/2 HR. - 12 SESSIONS</b>	<b>1/2 HR. - 6 SESSIONS</b>
<b>\$1050*</b>	<b>\$2000*</b>	<b>\$360*</b>	<b>\$210*</b>
<ul style="list-style-type: none"> <li>• Paid In Full</li> <li>• 1 Session Per Week</li> <li>• Flexible Scheduling</li> <li>• Personal Fitness Assessment Included</li> </ul>	<ul style="list-style-type: none"> <li>• Paid In Full</li> <li>• 1 Session Per Week</li> <li>• Flexible Scheduling</li> <li>• Personal Fitness Assessment Included</li> </ul>	<ul style="list-style-type: none"> <li>• Flexible Scheduling</li> <li>• Personal Fitness Assessment Included</li> </ul>	<ul style="list-style-type: none"> <li>• Flexible Scheduling</li> <li>• Personal Fitness Assessment Included</li> </ul>
<b>6-MONTH PACKAGE</b>	<b>ONE-YEAR PACKAGE</b>		

## TWO-ON-ONE TRAINING PACKAGE OPTIONS

<b>1 HR. - 18 SESSIONS</b>	<b>1 HR. - 12 SESSIONS</b>	<b>1 HR. - 8 SESSIONS</b>
<b>\$900*</b>	<b>\$650*</b>	<b>\$450*</b>
<ul style="list-style-type: none"> <li>• \$450 Per Person</li> <li>• Flexible Scheduling</li> <li>• Personal Fitness Assessment Included</li> </ul>	<ul style="list-style-type: none"> <li>• \$325 Per Person</li> <li>• Flexible Scheduling</li> <li>• Personal Fitness Assessment Included</li> </ul>	<ul style="list-style-type: none"> <li>• \$225 Per Person</li> <li>• Flexible Scheduling</li> <li>• Personal Fitness Assessment Included</li> </ul>

## THREE-ON-ONE TRAINING PACKAGE OPTIONS

<b>1 HR. - 18 SESSIONS</b>	<b>1 HR. - 12 SESSIONS</b>
<b>\$1125*</b>	<b>\$750*</b>
<ul style="list-style-type: none"> <li>• \$375 Per Person</li> <li>• Flexible Scheduling</li> <li>• Personal Fitness Assessment Included</li> </ul>	<ul style="list-style-type: none"> <li>• \$250 Per Person</li> <li>• Flexible Scheduling</li> <li>• Personal Fitness Assessment Included</li> </ul>

**\*PERSONAL TRAINING PACAKAGES ARE SUBJECT TO TAX.**