



PERSONAL TRAINING FEES

ONE-ON-ONE TRAINING

This training is done with one client working "one on one" with a trainer. Each client will be assessed and receive a personalized workout plan according to his or her specific goals and needs. A personal trainer will work on an individual basis with the client during scheduled hours.

Session Amount/Time	New Member*	Member	Nonmember**
Single/60 minutes	35.00	40.00	49.00
Package of 10 sessions	325.00	350.00	450.00
Single/45 minutes	30.00	32.00	42.00
Package of 10 sessions	250.00	270.00	365.00
Single/30 minutes	22.00	24.00	34.00
Package of 10 sessions	190.00	205.00	290.00

**New members are eligible for this rate for up to 30 days after joining*

***Non-Members may only use the facility when training with a Fitness Factor trainer*

SMALL GROUP TRAINING

This training has a minimum of 2 clients. In order to receive the group rate, clients must train together at their specific time. Rates are per person per session, based on the number of clients. Clients will be charged based on number present at each session.

Per Session Rate	30 min	45 min	60 min
2-3 clients (rate per person)	18.00	20.00	24.00
4-5 clients (rate per person)	16.00	18.00	22.00
6+clients (rate per person)	14.00	16.00	20.00

***Nonmembers add \$5 per session to training rate*

IN HOME TRAINING

This training is done in the comfort of your home. Your trainer can utilize your equipment and/or bring equipment to your home. The rates are based on the client living within a 10 mile radius of The Fitness Factor.

	Member	Nonmember
60 minute session	60.00	70.00
45 minute session	55.00	65.00