



# Classes & Personal Training Pricing

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## 12-Session Personal Training Package

\$660.00

Fitness & Nutritional Assessment, Accountability, travel workouts if needed, at home workouts for days you are not here and a customized program to meet your goals. Your success is dependent on your level of commitment. We suggest 3-month commitment 2-3 days a week.

## 1st Month Unlimited Classes Membership

Single: \$154.00

Includes a 1 hour personal training session we call our Kettlebell Essentials Class. This is a one on one session with a trainer by appointment only (for new members) and one month of unlimited classes. Also Includes nutritional assessment & body composition.

Couples: \$253.00

## Monthly Unlimited Class Membership

Single: \$99.00

No Contract, No membership fees. (one-month notice for cancellation)

Couples: \$183.00

## 10-Class Punch Card

10-classes: \$155.00

Can be used for all classes (expires after 6 months)  
New members must take Kettlebell Essentials Class

KBE and Punch card: \$210.00

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## Cardio Drumming

Drop-In 1 session price: \$20.00

One Month: \$50.00

3 months: \$120.00

Unlimited Monthly auto pay: \$45.00

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## Nutritional Consultation

Package Price: \$264.00

*Includes the a la carte items listed below:*

1 hr. Nutritional Consultation

à la carte: \$125.00

30 min. Meal Plan Appointment

“ \$55.00

4-15 min follow-up Appointments (Accountability)

“ \$160.00

Total à la carte price: \$340.00