

# SERVICES AND RATES

## **SEMI-PRIVATE TRAINING**

\*rates are per person (2-4 participants)

### 60 Minutes

1 session.....\$75  
10 sessions.....\$70/ea.....\$700

### 45 minutes

1 session.....\$65  
10 sessions.....\$60/ea.....\$600

### 30 minutes

1 session.....\$55  
10 sessions.....\$50/ea.....\$500

## **GROUP TRAINING**

Tuesdays: 5:30pm

Wednesdays: 4:15pm

1 session.....\$44.99  
8 sessions.....\$299