



Personal Training

Expert Trainers

	½ HOUR	1 HOUR
1 SESSION	\$47	\$77
8 SESSION PACKAGE	\$360 (\$45/session)	\$600 (\$75/session)
16 SESSION PACKAGE	\$672 (\$42/session)	\$1,168 (\$73/session)

Elite Trainers

	½ HOUR	1 HOUR
1 SESSION	\$52	\$82
8 SESSION PACKAGE	\$392 (\$49/session)	\$640 (\$80/session)
16 SESSION PACKAGE	\$752 (\$47/session)	\$1,248 (\$78/session)

Specialist Trainers

	½ HOUR	1 HOUR
1 SESSION	\$57	\$87
8 SESSION PACKAGE	\$432 (\$54/session)	\$680 (\$85/session)
16 SESSION PACKAGE	\$816 (\$51/session)	\$1,328 (\$83/session)



Semi-Private Training

2 Individuals

	½ HOUR	1 HOUR
1 SESSION	\$60	\$110
8 SESSION PACKAGE	\$480	\$864
16 SESSION PACKAGE	\$960	\$1,696

3 Individuals

	½ HOUR	1 HOUR
1 SESSION	\$65	\$115
8 SESSION PACKAGE	\$520	\$904
16 SESSION PACKAGE	\$1,040	\$1,776

4 Individuals

	½ HOUR	1 HOUR
1 SESSION	\$70	\$120
8 SESSION PACKAGE	\$560	\$944
16 SESSION PACKAGE	\$1,120	\$1,856



SMALL GROUP TRAINING

STRONGER TOGETHER

In our 2XSGT small group training program, reaching your goals will never be easier or more fun with the help of a personal trainer and a small group of other members.

With no more than 6 to a group you get the personal attention you need to build strength and power, increase your endurance, improve your balance, and work on mobility and coordination.

No matter what your goals, 2XSGT will get you there. All fitness levels are welcome in this twice a week program!

\$249 = 2X a week 4 weeks (\$31 per session)