

PERSONAL TRAINING PACKAGES RATES

Private training Rates: All Series sessions add a \$75.00 Retainer fee. All sessions are paid in full.

Number of sessions	Type of Session	Cost per Session / Total	Expiration information
*20	Package Discounted	\$60.00 / \$1,200.00	Sessions expiration deadline date enforced
15	Package Discounted	\$63.00 / \$ 945.00	Sessions expiration deadline date enforced
SERIES	Series Discounted rate One hour (1)	\$75.00 pay as you go	Sessions must be on a recurring basis. (Minimal 10 sessions).
SERIES	__ hour Session	\$50.00 pay as you go	Same as above
1	Single Session	\$75.00	One session commitment

Note: A series session must be a minimal of 10 sessions on a recurring basis. Example: every Monday and Wednesday at 6pm, or every Tuesday, Thursday and Friday at 4 pm. The client agrees to show up at a scheduled time, on a recurring basis to receive the discounted rate. If the commitment is not adhered to, the client understands they will be moved up to the regular rate of \$75.00 per session. All other session will be scheduled only on a space available basis for the single session rate. This does not apply if the sessions are part of any other package.

Package Special: Add Daily Journal to any package for only \$21.99 and SAVE \$8.00 off the regular price:

Note: After a client has completed 10 sessions and decides he or she are no longer going to continue the series sessions they can apply the retainer toward their last session or receive the retainer as a refund.

Melvin's Rates: One (1) hour training session \$80.00 __ hour training session \$50.00 (minimal of 10 sessions are required for training sessions 2 or 3 times per week).

Partner Training Rates:

Number of sessions	Cost per Session	Cost per Package
10	\$85/session \$42.50 / per person	\$850.00 \$425.00 / per person
5	\$90/session \$45.00/person	\$450.00 \$225.00 x per/person

Note: Packages with 10 or more sessions must be scheduled 2 or 3 times per week. All other sessions will be scheduled only on a space available basis.

Group Training Rates:

4 individuals: \$30/person

5+ individuals: \$20/person

Note: A minimum of 10 sessions must be purchased for the Group Training Rates. Reserved scheduling must be adhered to for Group Training rates. Initially, a private session(s) is recommended for each Group Training participant.

8-Week Quick Fix:

*\$1,080.00 *(24 __ hour sessions)

3 x per week with trainer for __ hour session and __ hour of independent cardio

12- Week Quick Fix

*\$1,512.00 *(36 __ hour sessions)

3 x per week with trainer for __ hour session and __ hour of independent cardio

One-Month __ hour session Payment Plan

All session are paid in full at the beginning of the Month.

\$564.00 per Month – 3 x per week w/ trainer

12 __ hour training sessions per month unlimited cardio access

One-Month 1- hour session Payment Plan.

All sessions are paid in full at the beginning of the Month.

\$744.00 Per Month 3 x per week w/trainer

12 (1) hour training sessions per Month w/ unlimited cardio access

\$520.00 Per Month 2 x per week w/trainer

8 (1) hour training sessions per Month w/ unlimited cardio access

PERSONAL TRAINING PACKAGES RATES (continued)

Fitness Assessment

Cost: **\$60.00**

Program Design

Cost : **\$55.00**

Nutrition Program

Sign up for four (4) one (1) hour nutritional counseling sessions. Meet with our nutritional counselor two times per month.

Cost: **\$350.00**

Sign up for a one (1) hour nutrition counseling session for only **\$90.00**

Current Clients: Save 10% off our Nutrition Counseling session or program.

Get Active Program – Personal Training and Group Fitness All in One

This program fits everyone's budget.

Cost: **\$384.00** for 4 weeks, includes 2 ___ hour personal training sessions per week and any unlimited group fitness classes. You must call ahead to reserve your spot in the class you would like to take.

Note: Self defense class not included.

FreeMotion Circuit Class

Class time TBA

3 x per week for 45 min, Cost: **\$270.00**

Bring a friend and get 10% off

Cycling Only Card

One month of unlimited cycling (card expires in one month.) Cost: **\$ 75.00**

Special Discounts

Bring a friend and get 10% off your card or program

Group Fitness Classes w/Unlimited Cardio Use

Unlimited 1 month, Coat: **\$105**

6 months **\$99.00** (EFT)

12 months **\$89.00** (EFT)

\$20 family add on

Note: Families with two or more people training Per Month, the second person receives a **10% discount off** their Monthly Payment Plan.

3 Pack of Personal Training

This is an introductory offer of 3 one-hour sessions for **\$190.00** and is for new clients that have never used personal training at Body Styles by Mel before.

Special Insurance Discount

We now offer a **10% discounts** with some insurance companies – see list for participating companies.

Note: make copy of insurance card at point of sale