



2018

Effective January 1

Payment is expected before any sessions are received.

Personal Training		SINGLE	FIVE	TEN	TWENTY	FIFTY
Individual	45 Minute Session	\$63	\$282 (56.50)	\$550 (55)	\$1060 (53)	\$2650 (53)
	30 Minute Session	\$43	\$197 (39.50)	\$380 (38)	\$740 (37)	\$1850 (37)
	30 Minute Session & Nutrition Counseling	---	\$220 (Initial Consultation)	\$430 (Initial Consultation & one check-in)	\$810 (Initial Consultation & two check-ins)	---
Team	30 Minute Session	\$33	\$147 (29.50)	\$260 (26)	\$500 (25)	\$1250 (25)
Group	*Punch Card	\$17	NA	\$130	NA	NA
	*Monthly Unlimited	\$90				

**Membership is NOT required to attend a group class. 1st group class is free.*

NOTE: All packages expire one year from purchase, except for 50 packs which expire in two years.

Membership-Monthly \$25 (Free with 4 training sessions per month)

Membership-Daily \$5

Facility Hours: Mon – Thu 5:30am – 8:00pm
 Fri 5:30 am – 6:00pm
 Sat – Sun 8:00am - Noon

Late Cancel Policy: We require notification of cancellation by 5PM the evening prior to your appointment. Cancellations received **after 5PM** will be subject to a full session charge.

Alicia Slusarek Nutrition Services

Initial Consultation - 60 minutes	\$60
Nutrition Check-in – 30 minutes	\$30
Pack of 5 check-ins	\$125
Group Nutrition Presentations	\$10



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