



SAAC Personal Training Program Price List



- All sessions are 1 hour long
- For the first 30 minutes of the initial meeting, the Personal Trainer will perform an assessment and consultation with the individual(s).

Individual Member Packages:

Single Session—\$35.00
Three Sessions—\$99.00 (\$33.00 per session)
Five Sessions—\$165.00 (\$33.00 per session)
Ten Sessions—\$310.00 (\$31.00 per session)

Individual Non-member Packages:

Single Session—\$40.00
Three Sessions—\$114.00 (\$38.00 per session)
Five Sessions—\$190.00 (\$38.00 per session)
Ten Sessions—\$360.00 (\$36.00 per session)

**Buddy Packages:

Single Session—\$50.00 (\$25.00 per person)
Three Sessions—\$150.00 (\$75.00 per person)
Five Sessions—\$230.00 (\$115.00 per person)
Ten Sessions— \$420.00 (\$210.00 per person)

**Pairs can consist of non-members and members. All non-members must purchase either a 14-visit punch card (\$90) or a daily guest pass (\$5) in addition to the sessions.