

# SOUND FITNESS

Training sessions typically run for 1 hour. The frequency of the sessions is based on your goals and budget and can be coordinated with your trainer.

## **Training sessions purchased can be used for:**

- Personal Training
- Pilates Reformer
- Yoga
- Mat Pilates

### ***One-Hour Private Sessions***

<b>Number of Sessions</b>	<b>Price</b>
1 Session:	<b>\$60</b>
5 Sessions:	<b>\$275</b>
10 Sessions:	<b>\$500</b>

### ***Half-Hour Private Sessions***

<b>Number of Sessions</b>	<b>Price</b>
1 Session:	<b>\$40</b>
5 Sessions:	<b>\$190</b>
10 Sessions:	<b>\$360</b>

All Personal Training Sessions are currently booked though the front desk staff.

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New Bern, NC 28562

[www.soundfit.net](http://www.soundfit.net)  
(252)-639-2582