

## Personal Training Rates

For

### COHO Fitness Center

#### Individual 60 Minute Session

1 to 4 sessions           \$55 each  
5 or more sessions       \$51 each

#### Partner Session, 60 Minutes (rate is per client)

1 to 4 sessions           \$42/client  
5 or more sessions       \$38/client

#### Individual 45 Minute Session

1 to 4 sessions           \$46 each  
5 or more sessions       \$43 each

#### Partner Session, 45 Minutes (rate is per client)

Any number of sessions   \$33/client

#### Individual 30 Minute Sessions

1 to 4 sessions           \$36 each  
5 or more sessions       \$32 each

#### Partner Session, 30 Minutes (rate is per client)

Any number of sessions   \$25/client

## Bulk Sessions

Session	24 Sessions		
	Per Session	Package Cost	3 Monthly Payments
30 Min	\$ 29.00	\$ 696.00	\$ 232.00/month
45 Min	\$ 38.50	\$ 924.00	\$ 308.00/month
60 Min	\$ 46.00	\$1,104.00	\$ 368.00/month

## Group Personal Training (rate is per month, 5 client minimum)

#### 60 Minute Session

1 session per week       \$97/month  
2 sessions per week      \$167/month  
3 sessions per week      \$216/month

#### 30 Minute Session

1 session per week       \$65/month  
2 sessions per week      \$108/month  
3 sessions per week      \$140/month