

PERSONAL TRAINING PACKAGES



Coming soon:

PT Fit Works app
Book sessions, view workouts, chat with your trainer, and more. Stay tuned!



Contact us for more information:

COHO Fitness Center

Phone:

202-482-0437

Email:

COHOfitness@teamcfw.com



Training that FITS you!

Select from individual, partner or group training, with single or multi-pack purchase options to fit your schedule and budget.

	INDIVIDUAL SESSIONS			PARTNER SESSIONS		
Time	Per session	5 pack	10 pack	Per session	5 pack	10 pack
30 min	\$38.00	\$171.00	\$335.00	\$26.00	\$127.50	\$252.50
45 min	\$48.00	\$230.00	\$450.00	\$35.00	\$170.00	\$335.00
60 min	\$58.00	\$273.00	\$535.50	\$44.00	\$203.00	\$397.00

Individual and partner sessions are priced per session per person. Partner sessions require a 2 participant minimum/maximum.

	30 MIN GROUP SESSIONS		60 MIN GROUP SESSIONS	
Frequency	# Sessions	Price / person	# Sessions	Price / person
1x/week	4	\$68.00	4	\$102.00
2x/week	8	\$114.00	8	\$176.00
3x/week	12	\$147.00	12	\$228.00

Group sessions require a 3 participant minimum and are purchased by the month. Pricing above shows cost per person.