



EMPOWERED FITNESS TRAINING

PRICING & PROGRAM COMPARISON SHEET

	Group Classes	Small Group Training	Semi-Private Personal Training
Price	2x/Week: \$80/mo Unlimited: \$120/mo	2x/Week: \$140/mo 3x/Week: \$180/mo	1x/Week: \$215/mo 2x/Week: \$365/mo 3x/Week: \$515/mo
Group Classes	2x/Week or Unlimited	Unlimited	Unlimited
Small Group Training Sessions	---	2-3 per week	---
Semi-Private Personal Training Sessions	---	---	1-3 per week
Open Gym Hours	Included (counts towards 2x/Week)	Included	Included
Scheduling	Specific Times	More Flexible	Priority Scheduling
Program Individualization	Workout of the Day, scalable but limited personalization.	Workout of the Day, scalable and broader personalization.	Individualized programming for each client.
Class/Session Size	Up to 12 People	1-4 People	1-4 People
Class/Session Minimum Requirements	Classes must meet minimum requirements.	No Minimum Requirement!	No Minimum Requirement!
Family Member Add-On:	\$35/mo per person	50% OFF per person	50% OFF per person

GROUP CLASSES: High Energy Classes, such as our Strength & Conditioning and Cardio HIIT Classes, offered at specific times of the day.

SMALL GROUP TRAINING: Our daily exercise programs, offered with more flexible scheduling options, greater adaptability, and more face-to-face coaching compared to our classes. Plus, no minimum class sizes!

SEMI-PRIVATE PERSONAL TRAINING: Individualized exercise programming, tailored to your specific needs, administered by a coach in a semi-private setting.

Prices do not include tax. Schedule a FREE Consultation for more details and to sign up.