



Personal Training:

One-On-One Sessions:

\$30.00 for 30 minutes

Buy a package of 10 one-on-one training sessions for \$300.00

\$45.00 for 45 minutes:

Buy a package of 10 one-on-one sessions for \$450.00

\$60.00 for 60 minutes

Buy a package of 10 one-on-one training sessions for \$600.00

Partner workouts will split the cost of a one-on-one training session.

30 minute classes:

\$10.00 for 30 minutes

Buy a package of 10 group classes for \$100.00 (Can be used towards Strength & Conditioning class, Boxing 30, Low Impact Class, Core Class, Youth Boxing, Youth AD).

45 minutes classes:

\$12.00 for 45 minutes

Can be bought in a package of 10 classes for \$120.00. Can be used towards any 45 minute class (Advanced AD Class, Yoga, Boxing 45, Powerbuilding).

60 minute classes:

\$15 for 60 minutes of class.

Can be bought in a package of 10 classes for \$150.00. Can be used towards any 60 minute class (Boxing 60).

Unlimited 30 Minute Classes:

\$165/month for unlimited 30 Minute Classes:

Includes Strength & Conditioning Class, Core Class, Boxing 30, Youth Boxing, Youth Athletic Development.

If the current class times do not work for you, form a private group of 3 or more of your friends/family and book a private group training session!

Note- to get the private group class rate of \$10/person, there has to be 3 or more attendants in class. If there are two attendants they each will pay a partner fee of \$15.00/person. If there is only one attendant, they will pay a 1 on 1 fee of \$30/person