



# Personal Training Price List

Prices effective 2/1/2010



## One-on-One Personal Training

Our experienced Certified Personal Trainers will help you find the motivation to exercise and make fitness a part of your life. Each session is 50-60 minutes long. Sessions must be used a minimum of 2 times per week. Package rates:

**12 sessions, \$768      24 sessions, \$1,536      (\$64 per session)**

## Semi-Private (Buddy) Personal Training

Share your session with a friend or family member and save! At your request, we may also attempt to match you with a compatible client to share your session time. 50-60 minutes per session.

**12 sessions, \$576 per client      24 sessions, \$1,152 per client      (\$48 per client per session)**

## Biometrics Weight Loss Program

This effective six-week weight loss program teaches portion control and healthy eating habits using foods purchased from the grocery store. It includes initial profile and results follow-up sessions, a 6-week customized menu plan, and three 30-minute personal training sessions per week for six weeks. Women typically lose 8-12 pounds, and men lose 12-17 pounds, on this program.

**Full 6 week program, \$1079      Add online menu plan to another personal training package, \$99**

## High-Efficiency Personal Training (30 Minutes)

These intense 30 minute one-on-one sessions are suitable for existing clients and experienced exercisers. Due to limited instruction time, new clients must begin with 60 minute training sessions before taking part in this program, or have the trainer's approval.

**12 sessions, \$576      24 sessions, \$1,152      (\$48 per session)**

## High-Efficiency Group Training (30 Minutes)

Get the benefits of personal training at significant cost savings by exercising with a small group. These 30 minute group (3-6 client) sessions are suitable for current clients and experienced exercisers at the intermediate to advanced level. You'll learn techniques our trainers use in their own personal workouts, for fast and highly efficient results. See our group program schedule for current times.

**\$32 per client per session, during selected time blocks. Typical fees: 12 sessions, \$384      24 sessions, \$768**

## Individual Training Sessions

For clients who wish to train sporadically (less than 2 sessions per week) and/or purchase fewer than 12 training sessions, Personal Training is charged at the following rates:

**In-studio, \$80 per hour      Consulting and program design, \$80 per hour**

## Training at Your Home or Office

**Within 20772 zip code: 12 sessions, \$960 (\$80 per hour)      Individual sessions, \$100 per hour**  
**Outside 20772, a travel charge will be added, depending on the distance from Breakthrough Fitness.**

## Personal Training Policies

- ◆ **We require 48 hours' notice to cancel or reschedule a session; otherwise, you will be charged for the missed session. You are expected to reschedule sessions within the same week to maintain the training frequency specified in your contract. We cannot reschedule individuals within semi-private or group sessions.**
- ◆ All training packages expire within 90 days or at the end of the contracted training period, whichever comes first.. Use it or lose it —no refunds for missed or unused sessions.
- ◆ To ensure your commitment, sessions must be paid for in advance.
- ◆ For all training packages, the minimum training frequency is two sessions per week.
- ◆ We accept checks and cash at the studio; credit cards (payment in full only) are accepted through our online store at [www.breakthroughfitness.com](http://www.breakthroughfitness.com).