



Personal Training

One-on-One or Group Training *Session Rates*

(Rate Card Effective Dec 2010)

Session Frequency Rate

30 Minute Sessions

- Single session \$ 40.00
- 1 session/week \$ 36.00 *
- 2/3 sessions/week \$ 32.00 *

60 Minute Sessions

- Single session \$ 60.00
- 1 session/week \$ 53.00 *
- 2/3 sessions/week \$ 50.00 *

* Includes a one hour consultation session

Partner Sessions

- May include one other person.
- Add \$15.00 to each of the session rates above.

Semi-Private Training Groups

- May include a minimum of 3 people and a maximum of 6 people.
- \$15.00 per additional person in each group for one hour sessions. No show and cancellation policies will be discussed prior to the commencement of sessions.

Travel Fees

- Up to \$7.50 may be added to in-home training sessions for trainer travel expenses and time.

Personal Training Payment Options

- Frequency pricing requires pre-paid payment in full on the value of your first 2 weeks of training and then you will be billed monthly for the total value of Fit-X San Diego services completed each month.
- PayPal, Cash, Checks and Credit Cards (Visa, MC, AMEX and Discover) accepted. Please make checks payable to **Fit-X San Diego**

Certified Fit-X Fitness Professional

858-715-8611

www.fitxsandiego.com