



**Master Trainer
Personal Training
One-on-One
or Group Training
Session Rates**

(Rate Card Effective Dec. 1, 2010)

Session Frequency Rate

Half Hour Sessions

Single session	\$ 45.00
1 session/week	\$ 40.00*
2/3 sessions/week	\$ 36.00*

One Hour Sessions

Single session	\$ 65.00
1 session/week	\$ 61.00*
2/3 sessions/week	\$ 57.00*

* 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

**Master Trainer
858-715-8611
fitx@fitxsandiego.com
www.fitxsandiego.com**