

# FITNESS TRAINING OPTIONS DOYLESTOWN BRANCH



## PERSONAL TRAINING

| Length of sessions     | Number of sessions          | Member       | Non-member |
|------------------------|-----------------------------|--------------|------------|
| 30 minute sessions     | 5                           | \$170        | \$221      |
| 30 minute sessions     | 10                          | \$320        | \$416      |
| 45 minute sessions     | 5                           | \$240        | \$312      |
| 45 minute sessions     | 10                          | \$460        | \$598      |
| 60 minute sessions     | 5                           | \$310        | \$403      |
| 60 minute sessions     | 10                          | \$600        | \$780      |
| <b>45 minute PROMO</b> | <b>3 (new clients only)</b> | <b>\$125</b> | <b>n/a</b> |

## PERSONAL TRAINING CLUB

| Length of sessions | Number of sessions/month | Member | Non-member |
|--------------------|--------------------------|--------|------------|
| 30 minute sessions | 4                        | \$120  | n/a        |
| 30 minute sessions | 8                        | \$240  | n/a        |
| 30 minute sessions | 12                       | \$360  | n/a        |
| 45 minute sessions | 4                        | \$174  | n/a        |
| 45 minute sessions | 8                        | \$348  | n/a        |
| 45 minute sessions | 12                       | \$522  | n/a        |
| 60 minute sessions | 4                        | \$228  | n/a        |
| 60 minute sessions | 8                        | \$456  | n/a        |
| 60 minute sessions | 12                       | \$684  | n/a        |

## PARTNER TRAINING

| Length of sessions | Number of sessions | Member | Non-member |
|--------------------|--------------------|--------|------------|
| 45 minute sessions | 5                  | \$149  | \$194      |
| 45 minute sessions | 10                 | \$278  | \$361      |
| 60 minute sessions | 5                  | \$198  | \$257      |
| 60 minute sessions | 10                 | \$370  | \$481      |

## TEAM TRAINING

| Length of sessions | Number of People | Number of sessions | Member | Non-member |
|--------------------|------------------|--------------------|--------|------------|
| 45 minute sessions | 3                | 5                  | \$75   | \$98       |
| 45 minute sessions | 3                | 10                 | \$130  | \$169      |
| 60 minute sessions | 3                | 5                  | \$100  | \$130      |
| 60 minute sessions | 3                | 10                 | \$180  | \$234      |
| 45 minute sessions | 4                | 5                  | \$65   | \$85       |
| 45 minute sessions | 4                | 10                 | \$110  | \$143      |
| 60 minute sessions | 4                | 5                  | \$90   | \$117      |
| 60 minute sessions | 4                | 10                 | \$160  | \$208      |
| 45 minute sessions | 5+               | 5                  | \$55   | \$72       |
| 45 minute sessions | 5+               | 10                 | \$90   | \$117      |
| 60 minute sessions | 5+               | 5                  | \$80   | \$104      |
| 60 minute sessions | 5+               | 10                 | \$140  | \$182      |

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