

FITNESS TRAINING OPTIONS QUAKERTOWN BRANCH



PERSONAL TRAINING

Length of sessions	Number of sessions	Member	Non-member
30 minute sessions	5	\$125	\$162
30 minute sessions	10	\$230	\$299
45 minute sessions	5	\$178	\$231
45 minute sessions	10	\$335	\$435
60 minute sessions	5	\$230	\$299
60 minute sessions	10	\$440	\$572
45 minute PROMO	3 (new clients only)	\$75	n/a

PERSONAL TRAINING CLUB

Length of sessions	Number of sessions/month	Member	Non-member
30 minute sessions	4	\$86	n/a
30 minute sessions	8	\$172	n/a
30 minute sessions	12	\$258	n/a
45 minute sessions	4	\$126	n/a
45 minute sessions	8	\$252	n/a
45 minute sessions	12	\$378	n/a
60 minute sessions	4	\$166	n/a
60 minute sessions	8	\$332	n/a
60 minute sessions	12	\$498	n/a

PARTNER TRAINING

Length of sessions	Number of sessions	Member	Non-member
45 minute sessions	5	\$110	\$143
45 minute sessions	10	\$190	\$247
60 minute sessions	5	\$143	\$186
60 minute sessions	10	\$250	\$325

TEAM TRAINING

Length of sessions	Number of People	Number of sessions	Member	Non-member
45 minute sessions	3	5	\$55	\$72
45 minute sessions	3	10	\$95	\$124
60 minute sessions	3	5	\$70	\$91
60 minute sessions	3	10	\$125	\$163
45 minute sessions	4	5	\$45	\$59
45 minute sessions	4	10	\$75	\$98
60 minute sessions	4	5	\$60	\$78
60 minute sessions	4	10	\$105	\$137
45 minute sessions	5+	5	\$35	\$45
45 minute sessions	5+	10	\$55	\$72
60 minute sessions	5+	5	\$50	\$65
60 minute sessions	5+	10	\$85	\$110

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