

# WFitness Personal Training

## One-on-One Training

½ Sessions	\$ 25.00
1 Hour Session	\$ 45.00

## TRX Group Training Sessions | 45-55 minutes

Unlimited	\$ 80.00	(from first of month through end of month)
<b>Unlimited Express</b>	<b>\$ 60.00</b>	<b>(from first of month through end of month)</b>
4 sessions	\$ 50.00	(1 class per week, expires from start date)
8 sessions	\$ 95.00	(3 week expiration)
16 sessions	\$180.00	(3 week expiration)
10-session punch card	\$150.00	(4 month expiration)

On your own workout plan \$45.00

## Beginning Silver Strength Class | 1/2 Hour

8 sessions	\$ 60.00	(2 week expiration)
16 sessions	\$110.00	(2 week expiration)

## Combo Packages

Pkg #1 - 2 Group Classes/3 WFit Express classes (1/2hr)

Pkg #2 - 2 Group Classes/2 One-hour WFit classes & 2 WFit Express classes

## Group Fitness Classes

1 Class per week	\$ 25.00	(4 per month)
2 Classes per week	\$ 30.00	(8 per month)
3 Classes per week	\$ 35.00	(12 per month)

## Kickboxing - Kevin Lemoine

2 Classes per week	\$ 55.00 per month
3 Classes per week	\$ 70.00 per month

Discount for those who are combining both WFIT and **GroupX** Classes - Ask for more details