

PERSONAL TRAINING RATES & MENU

	A LA CARTE 30 min	A LA CARTE 60 min	COST/PACKAGE 10 PK / 30 min	COST/PACKAGE 10 PK / 60 min
INDIVIDUAL TRAINING			SAVE 10%	SAVE 10%
DIRECTOR	\$42	\$65	\$380	\$590
MASTER	\$39	\$60	\$350	\$540
PROFESSIONAL	\$36	\$55	\$320	\$500

PARTNER TRAINING (prices are per person)

DIRECTOR	\$30	\$45	\$270	\$400
MASTER	\$26	\$40	\$240	\$360
PROFESSIONAL	\$23	\$35	\$210	\$320

TRI TRAINING (prices are per person)

DIRECTOR	\$23	\$40	\$240	\$360
MASTER	\$19	\$35	\$200	\$310
PROFESSIONAL	\$18	\$30	\$180	\$270

GROUP TRAINING (prices are per person)

DIRECTOR	\$22	\$35	\$210	\$310
MASTER	\$20	\$30	\$180	\$270
PROFESSIONAL	\$17	\$25	\$150	\$220

NON-MEMBER INDIVIDUAL TRAINING (prices are per person)

DIRECTOR	\$55	\$80	\$490	\$720
MASTER	\$50	\$75	\$450	\$670
PROFESSIONAL	\$45	\$70	\$400	\$630

DIRECTOR LEVEL

- Degreed in health/fitness related field
- 12+ years of personal training experience at HTSW
- One or more national certifications recognized by IHRSA
- Outstanding length of service at HTSW

MASTER LEVEL

- Degreed in health/fitness related field
- 1+ years of personal training experience at HTSW
- One or more national certifications recognized by IHRSA
- Outstanding length of service at HTSW

PROFESSIONAL LEVEL

- Degreed or in pursuit of degree in health/fitness related field
- One or more national certifications recognized by IHRSA
- Years of personal training experience varies

UPDATED MARCH 2018

All packages are non-refundable • Packages expire in 12 months • Prices are subject to change • Packages are transferable • 24 hour cancellation policy

Please contact Fitness with any personal training, specialty, or sport specific questions at 630.942.9600 Ext. 536