

# PERSONAL TRAINING

Nationally Accredited

## One on One Pricing

50 - minute sessions

1 - session	\$ 80/ea	
4 - sessions	\$ 75/ea	(\$300 package)
12 - sessions	\$ 71/ea	(\$852 package)
16 - sessions	\$ 67/ea	(\$1072 package)

30 - minute sessions

1 - session	\$ 47/ea	
4 - sessions	\$ 43/ea	(\$172 package)
12 - sessions	\$ 41/ea	(\$492 package)
16 - sessions	\$ 39/ea	(\$624 package)

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## Small Group Training (SGT)

50 - minute sessions (2-5 participants)

1 - session	\$ 47/ea	
4 - sessions	\$ 43/ea	(\$172 package)
12 - sessions	\$ 41/ea	(\$492 package)
16 - sessions	\$ 39/ea	(\$624 package)

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## 30 Minute Express (SGT)

Studio SGT (up to 15-participants)

1 - session	\$ 29/ea	
4 - sessions	\$ 27/ea	(\$108 package)
8 - sessions	\$ 26/ea	(\$208 package)
12 - sessions	\$ 25/ea	(\$300 package)

**GLENPOINTE SPA & FITNESS**

**Live Better**

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