# Personal Training

## One-on-One or Group Training *Session Rates*

( Rate Card Effective June 1, 2009 )

| **Session Frequency** | Rate |
|---|---|
| *30 Minute Sessions* | |
| • Single session | $ 40.00 |
| • 1 session/week | $ 36.00 * |
| • 2/3 sessions/week | $ 32.00 * |
| *60 Minute Sessions* | |
| • Single session | $ 60.00 |
| • 1 session/week | $ 53.00 * |
| • 2/3 sessions/week | $ 50.00 * |

* Includes a one hour consultation session

### *Partner Sessions*

- May include one other person.
- Add $15.00 to each of the session rates above.

### *Semi-Private Training Groups*

- May include a minimum of 3 people and a maximum of 6 people.
- $15.00 per additional person in each group for one hour sessions. No show and cancellation policies will be discussed prior to the commencement of sessions.

### *Travel Fees*

- Up to $7.50 may be added to in-home training sessions for trainer travel expenses and time.

### *Personal Training Payment Options*

- Frequency pricing requires pre-paid payment in full on the value of your first 2 weeks of training and then you will be billed monthly for the total value of Fit-X San Diego services completed each month.
- PayPal, Cash, Checks and Credit Cards (Visa, MC, AMEX and Discover) accepted. Please make checks payable to **Fit-X San Diego.**

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