



# Personal Training Packages

## Training Packages for Members

	<u>1-on-1</u>	<u>2-on-1</u> : 2 members, 1 trainer
1 Session	\$45	\$60 (\$30/client)
5 Sessions	\$200	\$280 (\$140/client)
10 Sessions	\$350	\$520(\$260/client)

Training options for training as a group of 3: \$25 per person, per session

## Training Packages for Non-Members

	<u>1-on-1</u>	<u>2-on-1</u> : 2 guests, 1 trainer
1 Session	\$60	\$70 (\$35/client)
5 Sessions	\$250	\$360 (\$180/client)
10 Sessions	\$399	\$598(\$299/client)

Contact Information: Work: 985.345.2453

Email: [spogafitness@gmail.com](mailto:spogafitness@gmail.com)