

# Personal Training Services

## Private Fitness Training: 30 Minute Sessions



*Customized training sessions designed to meet your fitness and health goals. All new clients will receive a free, 15-minute consultation (via phone call or in-person) before their first session.*

- One on One: single session \$50.00, ten sessions \$450.00
- Two on One: single session \$60.00, ten sessions \$550.00
- Three on One: single session \$75.00
- 4 or more: \$20.00 per person

\*If all scheduled members are not present for a training session, the price will be adjusted for how many individuals are present.

## SPR Training (special populations restorative training)



*For those who have been medically cleared to exercise but feel hesitant due to fear of re-injury or regression. SPR training is a highly specialized and systematic approach to redeveloping joint integrity, retraining muscle dysfunction and eliminating re-injury precursors by incorporating neuro-physiological pressure training, eccentric-isometric protocols and joint-angle specific strength training.*

- SPR Starter Program: \$275.00
  - 45-minute initial evaluation
  - customized program design
  - three, 30-minute, one-on-one active learning sessions
- SPR Training Sessions (after starter program is complete): \$50, ten sessions \$450.00

## Semi-Private Training: 30-minute Sessions



*For those looking for individual attention and customized training at a more affordable price than personal training. Semi-private training places you in a shared session of up to 3 individuals that compliment your fitness level and abilities.*

- 5 sessions \$100.00: cancellations less than 24 hours before session will result in a full session charge

Contact us to find a semi-private training session that works best for you!

**All sessions and packages can be purchased at [www.corefitnessgrouptraining.com/store](http://www.corefitnessgrouptraining.com/store)**