

PRICE LIST



Personal Training

60 Minute Sessions

1 session	\$115
10 sessions	\$1050

45 Minute Sessions

1 session	\$90
10 sessions	\$850

30 Minute Sessions

1 session	\$70
10 sessions	\$650

Program Design

3 sessions	\$299
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Membership Fee

	\$9.99**
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***Required for all person training clients that are not private or corporate members*

Semi-Private

60 Minute Sessions

1 session	\$75 per person
4 sessions	\$280 (\$70/ea)

45 Minute Sessions

1 session	\$60
4 sessions	\$220 (\$55/ea)

30 Minutes

1 session	\$45
4 sessions	\$160 (\$40/ea)

**Rates per person - 2 participants*

**For a three person group, inquire about pricing*

Membership

Month-to-Month

Corporate	\$39.99
Private	\$47.99

Paid in Full (Annual)

Corporate	\$399
Private	\$450

Guest Fee

	\$15
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Locker

	\$7
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Maintenance Fee

	\$30
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**Maintenance fee is annual every November*

Other

Nutrition

Services are available. Inquire about pricing, select insurance is accepted

Massage Therapy

Services are available. Inquire about pricing

**In-Home Sessions are \$30 more per session*

Groups

4 or More People

Programs vary on length and frequency. Pricing will be different for each program. Inquire about varying groups or visit www.fit4allny.com