



PRICES

One-on-One Private Training

Professional Trainer (Monica Hirtreiter and Regina Keil)

One-on-one single sessions, hourly rate: **\$75.00**

Packages	Hourly Rate	Savings	Prices
6 sessions	\$65	\$60	\$390.00
10 sessions	\$60	\$150	\$600.00
16 sessions	\$55	\$320	\$880.00
20 sessions	\$50	\$500	\$1,000.00

Payments due at time of service. Discounts apply only to packages paid in advance.

Advanced Trainer (Robin Rutherford)

One-on-one single sessions, hourly rate: **\$80.00**

Packages	Hourly Rate	Savings	Prices
6 sessions	\$70	\$60	\$420.00
10 sessions	\$65	\$150	\$650.00
16 sessions	\$60	\$320	\$960.00
20 session	\$55	\$500	\$1,100.00

Payments due at time of service. Discounts apply only to packages paid in advance.

Elite Trainer (TBD)

One-on-one single sessions, hourly rate: **\$85.00**

Packages	Hourly Rate	Savings	Prices
6 sessions	\$75	\$60	\$450.00
10 sessions	\$70	\$150	\$700.00
16 sessions	\$65	\$320	\$1,040.00
20 sessions	\$60	\$500	\$1,200.00

Payments due at time of service. Discounts apply only to packages paid in advance.

Master Trainer (Lisa Dougherty)

One-on-one single sessions, hourly rate: **\$90.00**

Packages	Hourly Rate	Savings	Prices
6 sessions	\$80	\$60	\$480.00
10 sessions	\$75	\$150	\$750.00
16 sessions	\$70	\$320	\$1,120.00
20 sessions	\$65	\$500	\$1,300.00

Payments due at time of service. Discounts apply only to packages paid in advance.

Partner/Couples Fitness Training

Suggested Partner Training Package Specials

Package rates are based on 2 people training together.

Professional Trainer (Monica Hirtreiter and Regina Keil)

Single session, hourly rate: **\$90.00**

Packages	Hourly Rate	Per Person	Savings	Prices
6 sessions	\$80	\$40	\$60	\$480.00
10 sessions	\$74	\$37	\$160	\$740.00
16 sessions*	\$70	\$35	\$320	\$1,120.00

Payments due at time of service. Discounts apply only to packages paid in advance.

Advanced Trainer (Robin Rutherford)

Single session, hourly rate: **\$100.00**

Packages	Hourly Rate	Per Person	Savings	Prices
6 sessions	\$90	\$45	\$60	\$540.00
10 sessions	\$84	\$42	\$160	\$840.00
16 sessions*	\$80	\$40	\$320	\$1,280.00

Payments due at time of service. Discounts apply only to packages paid in advance.

Elite Trainer (TBD)

Single session, hourly rate: **\$110.00**

Packages	Hourly Rate	Per Person	Savings	Prices
6 sessions	\$100	\$50	\$60	\$600.00
10 sessions	\$96	\$48	\$140	\$960.00
16 sessions*	\$90	\$45	\$320	\$1,440.00

Payments due at time of service. Discounts apply only to packages paid in advance.

Master Trainer (Lisa Dougherty)
 Single session, hourly rate: **\$120.00**

Packages	Hourly Rate	Per Person	Savings	Prices
6 sessions	\$110	\$55	\$60	\$660.00
10 sessions	\$100	\$50	\$200	\$1,000.00
16 sessions*	\$94	\$47	\$416	\$1,504.00

Payments due at time of service. Discounts apply only to packages paid in advance.

Exercise Program Design for you, at your home, or office gym: **\$300.00***

We will meet you at your home or office gym for up to 2 hours and design an exercise program based on that gym layout, your skills and capability that is functional, based on your individual needs. We will provide clear directions and a detailed workout program for you to follow as well as educational reading materials and resources.

*Inclusive of travel time within a 10-mile radius. Rates adjusted up according to distance needed to travel to your site.

Offsite Training Available: In-home or Office Training

One-on-One Private Training Rates:

Professional Trainer (Monica Hirtreiter and Regina Keil) single session, hourly rate: **\$100.00**

Suggested Package Specials

Packages	Hourly Rate	Prices
10 sessions	\$90	\$900.00
16 sessions	\$85	\$1,360.00
20 sessions	\$80	\$1,600.00

Payments due at time of service. Discounts apply only to packages paid in advance.

Advanced Trainer (Robin Rutherford) single session, hourly rate: **\$110.00**

Suggested Package Specials

Packages	Hourly Rate	Prices
10 sessions	\$100	\$1,000.00
16 sessions	\$95	\$1,520.00
20 sessions	\$90	\$1,800.00

Payments due at time of service. Discounts apply only to packages paid in advance.

Elite Trainer (TBD) single session, hourly rate: **\$120.00**

Suggested Package Specials

Packages	Hourly Rate	Prices
10 sessions	\$110	\$1,100.00
16 sessions	\$105	\$1,680.00
20 sessions	\$100	\$2,000.00

Payments due at time of service. Discounts apply only to packages paid in advance.

Master Trainer (Lisa Dougherty) single session, hourly rate: **\$130.00**

Suggested Package Specials

Packages	Hourly Rate	Prices
10 sessions	\$120	\$1,200.00
16 sessions	\$115	\$1,840.00
20 sessions	\$110	\$2,200.00

Payments due at time of service. Discounts apply only to packages paid in advance.

Partner Training Rates based on two people training together:

Professional Trainer (Monica Hirtreiter and Regina Keil)

Single session, hourly rate: **\$140.00**

Suggested Package Specials

Packages	Hourly Rate	Prices
10 sessions	\$130	\$1,300.00
16 sessions	\$125	\$2,000.00
20 sessions*	\$120	\$2,400.00

Payments due at time of service. Discounts apply only to packages paid in advance.

Advanced Trainer (Robin Rutherford)

Single session, hourly rate: **\$150.00**

Suggested Package Specials

Packages	Hourly Rate	Prices
10 sessions	\$140	\$1,400.00
16 sessions	\$135	\$2,160.00
20 sessions*	\$130	\$2,600.00

Payments due at time of service. Discounts apply only to packages paid in advance.

Elite Trainer (TBD)Single session, hourly rate: **\$160.00***Suggested Package Specials*

Packages	Hourly Rate	Prices
10 sessions	\$150	\$1,500.00
16 sessions	\$145	\$2,320.00
20 sessions*	\$140	\$2,800.00

Payments due at time of service. Discounts apply only to packages paid in advance.

Master Trainer (Lisa Dougherty)Single session, hourly rate: **\$170.00***Suggested Package Specials*

Packages	Hourly Rate	Prices
10 sessions	\$160	\$1,600.00
16 sessions	\$155	\$2,480.00
20 sessions*	\$150	\$3,000.00

Payments due at time of service. Discounts apply only to packages paid in advance.