



Written / 1 on 1 prices based on pre-payment for a 4 week block

## **1 on 1 Personal Training / Self - Defense**

1 session per week	\$50 (\$200 a block)
2 sessions per week	\$90 (\$360 a block)
3 sessions per week	\$120 (\$480 a block)

## **Written Weekly Programming**

(Can also be added with 1 on 1 in person training programs)

Written <u>only</u> basic (3/week)	\$120 a block
Written <u>only</u> customized (3/week)	\$240 a block
Add 2 custom workouts/week	\$120 a block
Add 3 custom workouts/week	\$180 a block

## **Self-Defense Seminars / Group Exercise Classes**

(We will bring punching bags, striking targets, and floor mats)

\$75 per hour for a single session (2 hour minimum = \$150+).

Rate negotiable for regularly scheduled classes.