

With our Customizable training programs we look at your goals, your budget, and your schedule and work together to create a monthly program that gives you the structure and support you need to achieve your fitness and health goals.

Privates

Single Private Session - \$70 4 Private Sessions - \$240 8 Private Sessions - \$460 12 Private Sessions - \$660

Trios + Jump Trios

Single Trio Session - \$40 4 Trio Sessions - \$140 8 Trio Sessions - \$240 12 Trio Sessions - \$324

Auto-pay discount available on Private and Trio sessions, inquire with the studio for more information