



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*****