



## CONTACT US

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OWNED BY WILSON MEDICAL CENTER

# PERSONAL TRAINING RATE SHEET

## INDIVIDUAL

1 session \$40  
5 sessions \$175  
10 sessions \$300

## DUO

1 session \$60 total  
5 sessions \$275 total  
10 sessions \$400 total

## SMALL GROUP

1 session \$85 total (3 to 5 people)  
5 sessions \$400 total (3 to 5 people)  
10 sessions \$700 total (3 to 5 people)