

PT with KT Pricing 2016

****All packages expire after 1 year****

One to One Training-50 minute session

4 session's \$60/session

12 sessions \$55/session

24 sessions \$52/session

48 sessions \$49/session

96 sessions \$46/session

Maintaince Training session 4-6 week's \$65/session

One to One ½ hour PT training 30 minute sessions

4 sessions \$40/session

12 sessions \$38/session

24 sessions \$37/session

48 sessions \$36/session

96 sessions \$35/session

Maintaince training sessions 4-6 weeks \$45/session

****All packages expire after 1 year****

Partner Training (2 people w/1 trainer) 50 minute sessions

4 sessions \$75/session

12 sessions \$70/session

24 sessions \$68/session

48 sessions \$64/session

96 sessions \$60/session

Maintaince Training session 4-6 weeks \$80/session

Group Training Sessions 3-5 people 60 minutes session

4 sessions \$150/session

12 sessions \$148/session

24 sessions \$145/session

48 sessions \$140/session

96 sessions \$136/session

Maintaince training session every 4-6 weeks \$175/session

****All packages expire after 1 year****

Personal Training & Nutrition Sessions w/Katie 60 minutes per session

4 sessions \$200/session

12 sessions \$175/session

24 sessions \$150/session

48 sessions \$125/session

96 sessions \$100/session

*All Package expire after 1 year

Nutrition Session

Nutrition Consultation-1 Hour	1	\$125
Nutrition Consultation-3 Hours	3	\$250
Nutrition Consultation-5 Hours	5	\$375
12 Week Nutrition Program	12	\$450