

# PERSONAL TRAINING RATES

## MEMBERS:

### INDIVIDUAL SESSIONS:

Single Session	1 Hour	\$ 115.00
Single Session	½ Hour	\$ 65.00

### PACKAGES:

5 Sessions	1 Hour	\$ 495.00 (\$99.00 per session)
10 Sessions	1 Hour	\$ 900.00 (\$90.00 per session)
20 Sessions	1 Hour	\$1,720.00 (\$86.00 per session)
10 Sessions	½ Hour	\$ 580.00 (\$58.00 per session)

### BUDDY SESSIONS: (2 PEOPLE)

Single Session	1 Hour	\$ 140.00 (\$ 70.00 per person)
Single Session	½ Hour	\$ 110.00 (\$ 55.00 per person)

### GROUP SESSIONS: (3 OR MORE PEOPLE)

Single Session	1 Hour	\$ 50.00 (per person)
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<b>STRETCHING SESSIONS:</b> 15-Minutes		\$ 25.00
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## NON-MEMBERS (18 YEARS AND OLDER):

### IN CLUB OR VIRTUAL SESSIONS

Single Session	1 Hour	\$ 130.00
	½ Hour	\$ 80.00
Buddy Session (2 people)	1 Hour	\$ 85.00 (per person)
Group Session (3-6 people)	1 Hour	\$ 67.00 (per person)

### IN HOME SESSIONS

Single session	1 Hour	\$ 145.00
Single session	½ Hour	\$ 90.00

Discounted packages are not available to non-members

## PERSONAL TRAINING POLICIES:

- By appointment only.
- A 12-hour cancellation policy is mandatory. Appointments cancelled within less than a 12-hour notice will be billed at session rate.
- Non-staff personal trainers are prohibited from using The Chatham Club for private training.
- Packages must be paid in full before training sessions can begin.