



PRIVATE TRAINING PROGRAMS

The Paseo Fitness Department offers a wide variety of private training options to properly address your individual needs. Each of our private trainers is nationally certified and hand-picked to ensure pampered service, safety, and satisfaction. Sessions are billed to your Paseo account monthly, for your convenience.

PRIVATE TRAINING PROGRAM

one trainer, one member: the ultimate in personalized training

	<u>30 Minute Sessions</u>	<u>1 Hour Sessions</u>
Individual Sessions	\$55	\$100
Monthly Packages		
1x/week	\$170/mo	\$300/mo
2x/week	\$300/mo	\$520/mo
3x/week	\$420/mo	\$720/mo
4x/week	\$536/mo	\$912/mo
5x/week	\$650/mo	\$1100/mo

SEMI-PRIVATE TRAINING PROGRAM

one trainer, two members: bring a partner to share the load!

	<u>1 Hour Sessions</u>
Individual Sessions	\$55/person
Monthly Packages	
1x/week	\$170/person/mo
2x/week	\$300/person/mo
3x/week	\$420/person/mo
4x/week	\$536/person/mo
5x/week	\$650/person/mo

GROUP PRIVATE TRAINING PROGRAM

one trainer, three or more members: join existing groups at prescheduled times for tons of fun!

	<u>1 Hour Sessions</u>
Individual Sessions	\$25/person
Monthly Packages	
1x/week	\$100/person/mo
2x/week	\$160/person/mo
3x/week	\$240/person/mo
4x/week	\$320/person/mo
5x/week	\$400/person/mo

*this form reflects current club private training rates; members who begin any of the above monthly training programs are guaranteed the same renewal rate for the life of their training program, provided there is no break in service

**please note that all properly cancelled sessions can be rescheduled up to 1 month after the missed session, by the individual trainer's availability; all cancelled sessions not given at least 24 hours notice will be forfeited by the client