



*Members can train
anytime, anywhere.*



One Hour - 1 on 1 Packages

# of Sessions	Package Price
1	\$75
4	\$272
8	\$496

30 Minutes - 1 on 1 Packages

# of Sessions	Package Price
1	\$40
4	\$148
8	\$280

Small Group Training - 1 Hour Packages

2+ people, price is per person

# of Sessions	Package Price
1	\$48
4	\$180
8	\$320

Rates subject to change. Inquire about pricing for other available levels of personal training.

IT'S YOUR TIME TO:

TRANSFORM.. PERFORM.. THRIVE..

Our certified trainers are here to take your fitness to the next level no matter your starting point. Whether your goal is to lose weight, improve your fitness or sports performance, we are an expert to get you there.

Our certified trainers offer a variety of training styles, progress tracking tools and motivation to ensure a positive, fun and results driven experience. In-person or virtually.

Take advantage of our complimentary **PERSONAL COACHING SESSION** to get started.

Stop By The PAC Welcome Desk For More Information



404.652.4500

