

Buddy/Group Rates

Buddy and group personal training is available. The rates listed below are **per person rates**.

Buddy Packages

5 half hour sessions	10 half hour sessions
\$60	\$110

5 hour sessions	10 hour sessions
\$95	\$170

Group Packages (3-4 participants)

5 hour sessions	10 hour sessions
\$80	\$150

PERSONAL TRAINING FORM

Name _____
DOB: _____
Phone Number: _____
Email: _____

Type of Training: (circle one)

Individual Training
Buddy Training
Group Training

Day and time most convenient for you

Number of days per week you want to work out with a trainer _____

Do you prefer a male or female trainer? M F

Please write name if you have a trainer preference _____

If you are interested in a free consultation with a trainer, this is available. A consultation may last 15 – 30 minutes; it is NOT a training session. Consultations are by appointment only and only with a few trainers. If you are interested, please contact Tracy Hensley at 336-249-2177 ext. 204