



## INDIVIDUAL PERSONAL TRAINING RATES

In-Studio Training Rates – 55 minute session

NUMBER OF SESSIONS	COST PER SESSION	PACKAGE TOTAL
1	\$70	\$70
5	\$65	\$325
10	\$62	\$620
20	\$57	\$1140
50+	\$52	\$2600

## PARTNER TRAINING RATES

2 participants: \$40/hour

3-4 participants: \$35/hour

## EXPRESS 30 MIN TRAINING RATES

10 Sessions: \$40/half hour

20 sessions: \$35/half hour

## IN-HOME TRAINING RATES

10 sessions: \$85/session

20 sessions: \$80/session

50 sessions: \$75/session

Visit our website @  
**[www.InfinityFitnessInc.com](http://www.InfinityFitnessInc.com)**  
for more information.

\*Washington State sales tax not included with the above prices



## TRAINING SPECIFIC FITNESS PACKAGES

THESE PACKAGES ARE DESIGNED TO BRING YOU RESULTS WITH HYPER FOCUS ON WEIGHT LOSS, RUNNING OR REDUCING YOUR BACK PAIN.

### WEIGHT LOSS PROGRAM TRAINING

**NUTRITION ONLY:** This option is for those wanting nutrition counseling only. This includes email support, meal planning and weekly 30 minute sessions with your coach.

MONTH COMMITMENT	TOTAL COST	MONTHLY RATE
3	\$540	\$180
6	\$960	\$160
12	\$1810	\$151

**PERSONAL TRAINING + NUTRITION COACHING :** This option is for those wanting both personal training and nutrition coaching. This includes email support, meal planning, weekly 30 minute nutrition coaching plus which ever training package you choose. Please check our website for all available options for this program.

We offer 3, 6 and 12 month packages.

### BECOME A RUNNER

Are you currently a runner or want to become one? This specialized package helps you to run faster or finish that first half marathon. Go to our website for more detailed info. [www.InfinityFitnessInc.com](http://www.InfinityFitnessInc.com)

### 8 WEEKS TO A BETTER BACK

Do you have an achy back and want to get stronger? Or have you just finished PT for back rehab? Then check out our 8 week Better Back program. This program teaches you the stretches, strength and mobility exercises you need to maintain a pain free back. Refer to our website for more details on pricing.

Want to learn more about what we offer?  
Visit our website @ [www.InfinityFitnessInc.com](http://www.InfinityFitnessInc.com)  
for more information & to sign up for our Newsletter!

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