

# Personal Training Rates Fitness ♦ Yoga ♦ Pilates

Effective 4/1/2021

***There's a reason why people hire a personal trainer to attain their health and fitness goals—IT WORKS!***

## INDIVIDUAL TRAINING SESSIONS

ONE HOUR SESSION	Member	Guest
1 Session	\$68.00	\$75.56
6 Sessions	\$385.98	\$428.89
12 Sessions	\$732.00	\$813.36
24 Sessions	\$1,391.04	\$1,545.60
36 Sessions	\$1,965.96	\$2,184.48

30 MINUTE SESSION	Member	Guest
1 Session	\$39.00	\$43.33
6 Sessions	\$220.02	\$244.44
12 Sessions	\$427.08	\$474.48
24 Sessions	\$814.08	\$904.56
36 Sessions	\$1,161.72	\$1,290.96

## TEAM TRAINING SESSIONS

ONE HOUR SESSION	Member	Guest
1 Session	\$49.00	\$54.44
6 Sessions	\$229.98	\$255.54
12 Sessions	\$448.92	\$498.84
24 Sessions	\$878.88	\$976.56
36 Sessions	\$1,292.04	\$1,435.68

30 MINUTE SESSION	Member	Guest
1 Session	\$28.00	\$31.11
6 Sessions	\$130.98	\$145.56
12 Sessions	\$249.00	\$276.72
24 Sessions	\$469.92	\$522.24
36 Sessions	\$678.24	\$753.48

Personal Training at Cornerstone is convenient, economical and customizable! We offer 30 and 60 minute individual and team training sessions. Allow our Wellness Coaches to help you choose the best plan for YOU.

\*Note: Pilates personal training is available in single and duet instruction only. There are no refunds for pre-paid Personal Training sessions; balances can be transferred to gift cards only. [www.cornerstoneclubs.com](http://www.cornerstoneclubs.com)

***Group training is highly motivating and economical. Let us help you succeed!***