



Price sheet

B.O.S.S. Personal Training Packages

All packages utilize cardiovascular
And strength training techniques with
All components of fitness to give you
A well rounded exercise program.

Personal Training

Bronze: \$ 214

1 time a week training

5 sessions only

\$42.80 per session

Silver: \$375

2 times a week training

10 sessions only

\$37.50 per session

Gold: \$693

3 or more times a week

20 sessions only

\$34.65 per session

Personal Training Packages Include:

*Body Fat Analysis

*Fitness Testing

*Nutritional Information

*Flexibility Enhancement

Exclusive Personal Training

Bronze: \$239

1 time a week training

5 sessions only

\$47.80 per session

Silver: \$425

2 times a week training

10 sessions only

\$42.50 per session

Gold: \$749

3 or more times a week

20 sessions only

\$37.45 per session

Group Fitness

A: 8 training sessions \$258 apiece training 2 times a week

B: 12 training sessions \$329 apiece training 3 times a week

System Training

“This is a six month commitment.”

System one: 8 sessions \$288 per month training 2 times a week

System two: 12 sessions \$420 per month training 3 times a week

System training is an automatic withdrawal done on the 6th of every month



Training and Aerobic Pass/ Cardio Pass: \$189

4 pt. sessions per month

access to all aerobic classes or written cardio routine.

The Aerobic Program is on automatic withdrawal system which will be deducted on the 6th of every month.

Aerobic Pass only:

\$39 monthly for Personal Training Participants (unlimited classes)

\$79 monthly for (NON)-Personal Training Participants (unlimited classes)

\$15 for walk-ins

The Aerobic Program is on automatic withdrawal system which will be deducted on the 6th of every month.

Kids Fitness: Under 16 \$26 per session (training sessions are 35 minutes is length)

10 training sessions \$260 2 times per week.

20 training sessions \$520 3 times per week.

Student Discount Training:

8 training sessions \$204

Student discount training has designated days for training:

Tuesday @ 7 p.m.

Thursday @ 7 p.m.

Saturday @ noon