

Personal Training Rates-

One on One training	32.00 per hour
One on One training.....	16.00 per half hour
Pairs training.....	40.00 per hour (20.00 each)
Pairs training.....	20.00 per half hour (10.00 each)
Group training (up to six people).....	42 .00 per hour (divide 42 by # of people)
Group training (up to six people).....	21.00 per half hour (divide 21 by # of people)

- Personal Training is tailored to your fitness goals and needs. I have a Health History Form, Goals Sheet and a Liability Form, for you to fill out, prior to you training. I do my best to create safe, effective and challenging workouts for you.
- Personal Training can be a one-time session to get you going or multiple sessions. I always say "once a client- always a client." You can always come back for more training later.
- I train on-site at my studio or upstairs in the Langdon Activity Center gym.
- I can also able to make arrangements to travel off-site to your company or home (time permitting)
- I will extend to you every courtesy regarding your privacy.
- Please arrive for your scheduled appointment on time or a few minutes early, dressed and ready to go. Don't forget your water bottle and a towel (if you want one.)
- I will give you at least a 24 hour notice if I need to cancel and I request the same of you.

Chris Walsh CPT
7Pillars Fitness Studio
701-370-0310