



# PERSONAL TRAINING SERVICES MENU

## MEMBER PRICING

### STARTER PACK

\$70

Includes 2 sessions; one comprehensive strategy session with a Coach plus one semi-private 60-minute training session with a Student Trainer.

### GENERAL MEMBERSHIPS

Includes 4, 8, or unlimited semi-private 60-minute training sessions every 4 weeks with a Student Trainer. Progressive programming designed for all fitness levels.

#### UNLIMITED MEMBERSHIP

\$339

#### 8X MEMBERSHIP

\$239

#### 4X MEMBERSHIP

\$139

### ELITE MEMBERSHIPS

Includes 4, 8 or unlimited semi-private 60-minute training sessions including one Coach session and an updated custom workout program every 4 weeks. Personalized programming that addresses individual goals most efficiently.

#### UNLIMITED ELITE MEMBERSHIP

\$429

#### 8X ELITE MEMBERSHIP

\$329

#### 4X ELITE MEMBERSHIP

\$229

## ADDITIONAL PRICING OPTIONS

### 6 PACK

\$275

Includes one Coach Session and 5 sessions with a Student Trainer. Perfect for the frequent traveler!

### DROP-IN SESSION

\$42

One semi-private 60-minute training session with a Student Trainer.

### 1-ON-1 PRIVATE SESSION

\$70

One private 60-minute training session with a Student Trainer.

### FAMILY DROP-IN SESSION

\$70

Make the most of family time by spending it with an ICW student trainer! Includes one private 60-minute training session for 2-5 people.

\*Also available for non-family small groups!