



## **Prices**

### **One-on-One Training**

1 hour session - \$60

1/2 hour session - \$40

### **Buddy Sessions**

2 people, 1 hour - \$80

3 people, 1 hour - \$105

### **Boot Camp**

Single - \$25

Bundle of 4 - \$72 (\$18 each)\*

Unlimited - \$90 for 1 month

\*Boot Camp Bundles must be used within 60 days of purchase.

### **Special Events/Birthday Parties**

Contact for details.

---

## **Boot Camp Schedule**

### **Monday**

5:30 pm

### **Tuesday**

8:30 am

### **Wednesday**

5:30 am

### **Thursday**

5:30 pm

### **Friday**

5:30 am | 9:30 am