



Heavens elevated fitness

PERSONAL TRAINING

MEMBER

Personal Trainer

NON MEMBER

Master Trainer

PRIVATE

60 MINUTES

4 Sessions

\$270

\$310

\$350

\$390

Cost per session

(\$67.5)

(\$77.5)

(\$87.5)

(\$97.5)

10 Sessions

\$625

\$725

\$825

\$925

Cost per session

(\$62.5)

(\$72.5)

(\$82.5)

(\$92.5)

BY THE MINUTE

300 Minutes

\$330

\$405

\$420

\$495

10 x 30minute sessions

(\$33)

(\$40.5)

(\$42)

(\$49.5)

450 Minutes

\$470

\$585

\$610

\$720

10 x 45minute sessions

(\$47)

(\$58.5)

(\$61)

(\$72)

SEMI-PRIVATE (cost per person)

60 MINUTES

4 Sessions

\$200

\$250

\$270

\$310

Cost per session

(\$50)

(\$62.5)

(\$67.5)

(\$77.5)

10 Sessions

\$450

\$575

\$625

\$725

Cost per session

(\$45)

(\$57.5)

(\$62.5)

(\$72.5)

BY THE MINUTE

300 Minutes

\$270

\$320

\$330

\$400

10 x 30minute sessions

(\$27)

(\$32)

(\$33)

(\$40)

450 Minutes

\$375

\$465

\$490

\$580

10 x 45minute sessions

(\$37.5)

(\$46.5)

(\$49)

(\$58)

SMALL GROUP (cost per person)

60 MINUTES

1 session

\$30

\$40

\$40

\$50

Cost per session

(\$30)

(\$40)

(\$40)

(\$50)

CUSTOM PROGRAM DESIGN

\$270

\$310

\$350

\$390

THE NO B.S PACKAGE

\$315

\$345

\$395

\$425

PERSONAL TRAINER vs MASTER TRAINER:

Personal Trainer: New(er) to Heavens or the fitness industry

Master Trainer: 5 + years at Heavens or the fitness industry

PACKAGES:

PRIVATE: One on one training

SEMI PRIVATE: 2 people

BY THE MINUTE: Private or semi-private training for 30 or 45 minutes

SMALL GROUP: 3-6 people

CUSTOM PROGRAM DESIGN: Includes body composition (body fat %, 5 girth measurements, BMI, body weight), custom consultation, program design, program introduction session and a 3 week session follow up

THE NO B.S PACKAGE: Need a changeup, hit a plateau in your routine? 1 Nutrition Consultation and 3 Private Personal Training Session