

# Personal Training Rates

Package	Member Price	Non-Member Price
<b>50-Minute Individual Session Options</b>		
4 Pack Individual *Starter Package* 1 Time Only Purchase	\$ 199	\$ 259
6-Pack Individual	\$ 390	\$ 450
12-Pack Individual	\$ 756	\$ 876
24-Pack Individual	\$ 1,440	\$ 1,680
<b>30-Minute Individual Session Options</b>		
4-Pack Individual *Starter Package* 1 Time Only Purchase	\$ 120	\$ 150
6-Pack Individual	\$ 234	\$ 282
12-Pack Individual	\$ 444	\$ 540
24-Pack Individual	\$ 816	\$ 1,008
<b>50-Minute DUO: 2 People (Per Person)</b>		
4 Pack DUO 50 min (per person) *Starter Package* 1 Time Only Purchase	\$ 140	\$ 180
6-Pack DUO 50 min (per person)	\$ 240	\$ 300
12-Pack DUO 50 min (per person)	\$ 456	\$ 576
<b>30-Minute DUO: 2 People (Per Person)</b>		
4-Pack session DUO 30 min (per person) *Starter Package* 1 Time Only Purchase	\$ 80	\$ 104
6-Pack DUO 30 min (per person)	\$ 144	\$ 180
12-Pack DUO 30 min (per person)	\$ 264	\$ 336
<b>GroupFit Training Program (per participant)</b>		
4-6 participants with one trainer, eight 50-minute semi-private sessions	\$ 200	\$ 250
<b>Strength and Mobility Assessment</b>		
Initial assessment and plan designed to meet personal goals with a 2 week check-in and a 6-8 week follow-up session	\$ 199	



To schedule a PT session, please contact Mary Pat Hawkins at (781) 576-9910 or [mphawkins@jccns.com](mailto:mphawkins@jccns.com)