



# 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	\$219	\$279
6-Pack Individual	\$420	\$480
12-Pack Individual	\$816	\$936
24-Pack Individual	\$1,560	\$1,740
<b>30-Minute Individual Session Options</b>		
4-Pack Individual *Starter Package* 1 Time Only Purchase	\$140	\$170
6-Pack Individual	\$264	\$312
12-Pack Individual	\$504	\$600
24-Pack Individual	\$936	\$1,128
<b>50-Minute DUO: 2 People (per Person)</b>		
4 Pack DUO 50 min (per person) *Starter Package* 1 Time Only Purchase	\$160	\$200
6-Pack DUO 50 min (per person)	\$270	\$330
12-Pack DUO 50 min (per person)	\$516	\$636
<b>30-Minute DUO: 2 People (per Person)</b>		
4-Pack session DUO 30 min (per person) *Starter Package* 1 Time Only Purchase	\$100	\$124
6-Pack DUO 30 min (per person)	\$174	\$210
12-Pack DUO 30 min (per person)	\$324	\$396
<b>GroupFit Training Program (per participant)</b>		
4-6 participants with one trainer, eight 50-minute semi-private sessions	\$240	\$264
<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	\$204	—

To schedule a PT session, please contact Mary Pat Hawkins at (857) 285-7917 or [mphawkins@jccns.com](mailto:mphawkins@jccns.com)