



Personal Training

Training Schedules

Personal Trainers

Member Clients

Single session	\$60
5 Sessions	\$295
12 Sessions	\$684
24 Sessions	\$1272

Couple Training

Single session	\$80
5 Sessions	\$395
12 Sessions	\$770
24 Sessions	\$1772

Guest Clients

Single session	\$65
5 Sessions	\$315
12 Sessions	\$732
24 Sessions	\$1368

Team Training (3-5 clients)	\$30 pp
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Master Trainers

Member Clients

Single Session	\$75
5 Sessions	\$370
12 Sessions	\$840
24 Sessions	1608

Couple Training

Single session	\$10
5 Sessions	\$510
12 Sessions	\$1188
24 Sessions	\$2106

Guest Clients

Single Session	\$85
5 Sessions	\$420
12 Sessions	\$960
24 Sessions	\$1848

Team Training (3-5 clients)	\$30 pp
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You are embarking on a journey...make fitness fun, exciting and educational by letting a Personal Trainer guide you and map out a plan for consistent and safe progress.

Your Personal Trainer at Worcester Fitness is your health and wellness guide. Always remember, joining Worcester Fitness and partnering with a Personal Trainer takes motivation. Your membership and the time you spend with your trainer are only part of the process.

Enjoy the process! Meet with a Personal Trainer today and learn about the unlimited possibilities of Personal Training.



Guidelines

All sessions are sixty minutes. A twenty-four hour notice is mandatory when cancelling a session. Personal Trainers and Master Trainers are available seven days a week at Worcester Fitness. Personal Trainers may require that a Physicians Approval Form be signed by the clients Doctor before training can begin.

Personal Training sessions unused are non-refundable and non-transferable.