



GRIFFIN FITNESS STUDIO
 Santa Maria's premier location for your training
 and recovery needs.

Personal Training Pricing and Packages

PRIVATE TRAINING (1 on 1) 50 minutes

Monthly packages	Sessions per month	Cost per session	Monthly Investment
Single Session (All sessions are 50 min duration)	1	\$70	\$70
1 session a week	4	\$60	\$240
2 sessions a week / Includes NormaTec Recovery and Zoom classes	8	\$50	\$400
3 sessions a week / Includes NormaTec Recovery and Zoom classes	12	\$45	\$540
4 sessions a week / Includes NormaTec Recovery, Zoom, Coaching calls	16	\$45	\$720

SEMI PRIVATE TRAINING (2-3 people) 50 minutes

Monthly packages	Sessions per month	Cost per session	Monthly Investment
Single Session (All sessions are 50 min duration)	1	\$50	\$50
1 session a week	4	\$45	\$180
2 sessions a week / Includes NormaTec Recovery and Zoom classes	8	\$40	\$320
3 sessions a week / Includes NormaTec Recovery and Zoom classes	12	\$35	\$420
4 sessions a week / Includes NormaTec Recovery, Zoom, Coaching calls	16	\$35	\$560

*** 10% Discount on 3 month training packages**

*** Family member discount: 25% off second training package with the purchase of a full priced package**

ZOOM ONLINE CLASSES 50 minutes

Monthly packages	Sessions per month	Monthly Investment
Full access to all Zoom online classes	12-16	\$120