



# 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	8	\$50	\$400
3 sessions a week / Includes NormaTec Recovery	12	\$45	\$540
4 sessions a week / Includes NormaTec Recovery, Coaching calls	16	\$45	\$720

### **SEMI PRIVATE TRAINING ( 2-3 people ) 60 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	8	\$40	\$320
3 sessions a week / Includes NormaTec Recovery	12	\$35	\$420
4 sessions a week / Includes NormaTec Recovery, Coaching calls	16	\$35	\$560