



Personal Training

(One-on-one)

| | 50 minute | express (½-hour) |
|----------------|-----------|------------------|
| Single session | \$50 | \$30 |
| Package of 4 | \$190 | \$110 |
| Package of 8 | \$360 | \$200 |

Shared Training

(2 individuals working together, 50 minute sessions)

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|----------------|----------|
| Single session | \$38.00 |
| Package of 4 | \$140.00 |
| Package of 8 | \$264.00 |

(Price per person)

Strength Circuit

(6-8 individuals, 50 minute sessions)

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|----------------|---------|
| Single session | \$12.00 |
| Package of 4 | \$40.00 |
| Package of 8 | \$64.00 |

Equipment Orientation

A 50-minute session focusing on proper use of equipment, correct exercise form, and answering questions related to fitness and exercise. Great for new members! Sessions will meet at pre-scheduled times.

\$10 per person

You can contact us directly by phone at (614) 889-2282, extension 83, or e-mail at info@goodbodiesfitness.com. We'll be happy to set up a complimentary consultation on how best to approach your exercise program. We look forward to helping you!