

TRAILHEAD ATHLETIC CLUB  
PERSONAL TRAINING PRICING

(PT Sessions are One Hour unless otherwise noted)

1 SESSION \$50

4 SESSIONS \$180

8 SESSIONS \$360

12 SESSION \$500

16 SESSIONS \$640

FITNESS ASSESSMENT \$45

STRETCHING SESSION \$35  
(1/2 HOUR)

BODY COMPOSITION  
MEASUREMENT \$10  
(15 MINUTES)

JR. PT 10% DISCOUNT  
(ALL CLIENTS, AGES 13-17)

IN HOME & CACHET  
PERSONAL TRAINING PROGRAMS

1 SESSION \$75

4 SESSIONS \$270

8 SESSIONS \$540

12 SESSIONS \$960

STRETCHING SESSION \$52

*"Destiny is not a matter of chance, it is a matter of choice;  
it is not a thing to be waited for, it is a thing to be achieved."*