

# SERVICES AND RATES

## Personal Training

Individual or Two Person. One-hour sessions, by appointment.

	<b>Singles</b>	<b>Doubles</b>
10 sessions	\$730 (\$73/session)	\$930 (\$46.50/session each)
20 sessions	\$1360 (\$68/session)	\$1760 (\$44/session each)

## Monthly Training Packages

Prices listed below are paid monthly or can also be paid in advance, in full or in quarterly installments. An addendum will be created to outline payment plan. CMF reserves all rights to revisit and update the package price without any further notice.

	<b>3 Months</b>	<b>6 Months</b>	<b>12 Months</b>
1 session/week	\$280	\$272	\$260
2 sessions/week	\$560	\$544	\$520
3 sessions/week	\$804	\$780	\$768
4 sessions/week	\$976	\$928	\$848

## Pilates Training

Individual sessions only. One-hour sessions, by appointment.

10 sessions – \$730 (\$73/session)  
20 sessions – \$1360 (\$68/session)

## Nutritional and Lifestyle Coaching

Individual or Small Group. Sessions are one hour.

\$85 per session

## Golf Performance Training

Individual or Small Group. Sessions are one hour.

\$85 per session