



Exceed
**Personal
Training**
Program



CAPITAL CITY
CLUB AND SPA

The Investment

The Foundation

\$99 – Two 1-hour meetings with a personal trainer

sessions

package cost

Fitness Training

1	\$75
5	\$350
10	\$650
20	\$1200

Express Fitness Training

1	\$40
5	\$190
10	\$350
20	\$640

Partner Fitness Training

1	\$90
5	\$425
10	\$800
20	\$1500

Pilates Training

1	\$79
5	\$370
10	\$690
20	\$1280

Express Pilates Training

1	\$43
5	\$205
10	\$380
20	\$700

Yoga Training

1	\$82
5	\$390
10	\$720
20	\$1340

Express Yoga Training

1	\$45
5	\$215
10	\$400
20	\$740

Partner Yoga Training

1	\$95
5	\$450
10	\$850
20	\$1600



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