

Personal Training Rates

Individual Training (1-on-1)	Price
Starter Package: 1 fitness assessment & consultation + 2 training sessions (60-minute)	\$66/person
60-minute training session	\$44/person
30-minute training session	\$27.50/person
Program Design: 1 consultation + 60-minute training session + 6-week program	\$65/person
Duo Personal Training (2 people)	Price
60-minute training session	\$25/person
30-minute training session	\$20/person
Small Group Personal Training (3-6 People)	Price
6 Sessions, 6-week program (meets once per week)	\$72/person
12 Sessions, 6-week program (meets twice a week)	180/person

Student Individual Training (1-on-1)	1-on-1	Duo
Starter Package: 1 fitness assessment & consultation + 2 training sessions (60-minute)	\$50/person	
60-minute training session	\$30/person	\$20/person
30-minute training session	\$20/person	\$15/person
Program Design: 1 consultation + 60-minute training session + 6-week program	\$50/person	

Bulk Session Discount	
5% off 5 sessions	Discount is available for both student and member pricing.
10% off 10 sessions	
15% off 15 sessions	
20% off 20 sessions	

Please email Lita Masterson @ lmcdaniel7@kumc.edu with any questions.