

Goodman Performance

Personal Training Rates & Packages

Personal Training Pricing & Terms for 1:1 Clients

Single session: \$100/hour

4 Pack of 1 Hour Sessions: \$380

8 Pack of 1 Hour Sessions: \$720

12 Pack of 1 Hour Sessions: \$1044

16 Pack of 1 Hour Sessions: \$1360

Virtual 1 Hour Session: \$90/hour

Personal Training Pricing & Terms for Small Groups 2-3 Clients

Single Session: \$150/hour

4 Pack: \$580

8 Pack: \$1120

12 Pack: \$1620

16 Pack: \$2080

Personal Training Pricing & Terms for Small Groups 4-5 Clients

Single Session: \$200/hour

Session expires after 30 days.

4 Pack: \$780

Sessions expire after 45 days.

8 Pack: \$1520

Sessions expire after 90 days

*For groups larger than 5 clients, the terms and rates will be at the discretion of Goodman Performance.

*Packages will be adjusted for clients training at HiFi Personal Fitness & in-home.

*Session prices are adjusted for 45 minute options. Please ask Goodman Performance for more details.

Personal Training Pricing & Terms for Online Programming

Monthly 3x a week plan with monthly check-in call: \$125/month

Monthly 5x a week plan with monthly check-in call: \$175/month