

RVC RiverValleyClub



PERSONAL TRAINING PRICING 2024

FITNESS CONSULTATION

1 INITIAL ASSESSMENT

TOTAL COST

\$45

4 ASSESSMENTS

1 ASSESSMENT EVERY 3 MONTHS

TOTAL COST

\$95

STYKU

2 INITIAL SCANS

COMPLIMENTARY

1 SCAN AT TIME OF INITIAL FITNESS CONSULTATION,
AND A SECOND SCAN 3 MONTHS LATER

1 SCAN

TOTAL COST

\$35

4 PACK

TOTAL COST

\$100

LEVEL 1 PERSONAL TRAINING

SINGLE SESSION: \$82

1 TRAINER, 1 CLIENT

Program	Total Cost	Price Per Session
6 Sessions	\$486	\$81
12 Sessions	\$924	\$77
24 Sessions	\$1800	\$75
36 Sessions	\$2628	\$73
48 Sessions	\$3456	\$72

LEVEL 1 BUDDY TRAINING

SINGLE SESSION: \$54/PP

1 TRAINER, 2 CLIENTS

Program	Total Cost/PP	Price Per Session/PP
6 Sessions	\$318	\$53
12 Sessions	\$600	\$50
24 Sessions	\$1176	\$49
36 Sessions	\$1728	\$48
48 Sessions	\$2256	\$47

LEVEL 1 SMALL GROUP TRAINING

SINGLE SESSION: \$45/PP

1 TRAINER, 3-4 CLIENTS

Program	Total Cost/PP	Price Per Session/PP
6 Sessions	\$264	\$44
12 Sessions	\$504	\$42
24 Sessions	\$984	\$41
36 Sessions	\$1440	\$40
48 Sessions	\$1872	\$39

LEVEL 1 LARGE GROUP TRAINING

SINGLE SESSION: \$29/PP

1 TRAINER, 5+ CLIENTS

Program	Total Cost/PP	Price Per Session/PP
6 Sessions	\$168	\$28
12 Sessions	\$324	\$27
24 Sessions	\$624	\$26
36 Sessions	\$900	\$25
48 Sessions	\$1152	\$24

LEVEL 2 PERSONAL TRAINING

SINGLE SESSION: \$90

1 TRAINER, 1 CLIENT

Program	Total Cost	Price Per Session
6 Sessions	\$534	\$89
12 Sessions	\$1008	\$84
24 Sessions	\$1968	\$82
36 Sessions	\$2880	\$80
48 Sessions	\$3792	\$79

LEVEL 2 BUDDY TRAINING

SINGLE SESSION: \$59/PP

1 TRAINER, 2 CLIENTS

Program	Total Cost/PP	Price Per Session/PP
6 Sessions	\$348	\$58
12 Sessions	\$660	\$55
24 Sessions	\$1296	\$54
36 Sessions	\$1908	\$53
48 Sessions	\$2496	\$52

LEVEL 2 SMALL GROUP TRAINING

SINGLE SESSION: \$50/PP

1 TRAINER, 3-4 CLIENTS

Program	Total Cost/PP	Price Per Session/PP
6 Sessions	\$294	\$49
12 Sessions	\$552	\$46
24 Sessions	\$1080	\$45
36 Sessions	\$1584	\$44
48 Sessions	\$2064	\$33

LEVEL 2 LARGE GROUP TRAINING

SINGLE SESSION: \$32/PP

1 TRAINER, 5+ CLIENTS

Program	Total Cost/PP	Price Per Session/PP
6 Sessions	\$186	\$31
12 Sessions	\$360	\$30
24 Sessions	\$696	\$29
36 Sessions	\$1008	\$28
48 Sessions	\$1296	\$27

LEVEL 3 PERSONAL TRAINING

SINGLE SESSION: \$97

1 TRAINER, 1 CLIENT

Program	Total Cost	Price Per Session
6 Sessions	\$576	\$96
12 Sessions	\$1092	\$91
24 Sessions	\$2112	\$88
36 Sessions	\$3096	\$86
48 Sessions	\$4080	\$85

LEVEL 3 BUDDY TRAINING

SINGLE SESSION: \$63/PP

1 TRAINER, 2 CLIENTS

Program	Total Cost/PP	Price Per Session/PP
6 Sessions	\$372	\$62
12 Sessions	\$708	\$59
24 Sessions	\$1392	\$58
36 Sessions	\$2052	\$57
48 Sessions	\$2688	\$56

LEVEL 3 SMALL GROUP TRAINING

SINGLE SESSION: \$54/PP

1 TRAINER, 3-4 CLIENTS

Program	Total Cost/PP	Price Per Session/PP
6 Sessions	\$318	\$53
12 Sessions	\$600	\$50
24 Sessions	\$1176	\$49
36 Sessions	\$1728	\$48
48 Sessions	\$2256	\$47

LEVEL 3 LARGE GROUP TRAINING

SINGLE SESSION: \$34/PP

1 TRAINER, 5+ CLIENTS

Program	Total Cost/PP	Price Per Session/PP
6 Sessions	\$186	\$33
12 Sessions	\$384	\$32
24 Sessions	\$744	\$31
36 Sessions	\$1080	\$30
48 Sessions	\$1392	\$29

LEVEL 4 PERSONAL TRAINING

SINGLE SESSION: \$100

1 TRAINER, 1 CLIENT

Program	Total Cost	Price Per Session
6 Sessions	\$594	\$99
12 Sessions	\$1140	\$95
24 Sessions	\$2208	\$92
36 Sessions	\$3204	\$89
48 Sessions	\$4224	\$88

LEVEL 4 BUDDY TRAINING

SINGLE SESSION: \$65/PP

1 TRAINER, 2 CLIENTS

Program	Total Cost/PP	Price Per Session/PP
6 Sessions	\$384	\$64
12 Sessions	\$744	\$62
24 Sessions	\$1464	\$61
36 Sessions	\$2160	\$60
48 Sessions	\$2832	\$59

LEVEL 4 SMALL GROUP TRAINING

SINGLE SESSION: \$55/PP

1 TRAINER, 3-4 CLIENTS

Program	Total Cost/PP	Price Per Session/PP
6 Sessions	\$324	\$54
12 Sessions	\$624	\$52
24 Sessions	\$1224	\$51
36 Sessions	\$1800	\$50
48 Sessions	\$2352	\$49

LEVEL 4 LARGE GROUP TRAINING

SINGLE SESSION: \$35/PP

1 TRAINER, 5+ CLIENTS

Program	Total Cost/PP	Price Per Session/PP
6 Sessions	\$204	\$34
12 Sessions	\$396	\$33
24 Sessions	\$768	\$32
36 Sessions	\$1116	\$31
48 Sessions	\$1440	\$30