



## 45 MINUTE JANUARY 2017 RATES

Sessions/Week	Cost Per Session	Sessions/Cycle	Cost Per Cycle
1	\$56.25	4	\$225
2	\$53.13	8	\$425
3	\$45.75	12	\$549
4	\$40.63	16	\$650
5	\$39.90	20	\$798

Recurring billing is required for all payments via credit/debit. Expiration and billing is on a 4 week (28 day) cycle. You may cancel renewals with a 14 day written notice but all purchases are final.

# PRICE COMPARISONS

<b>Taylor Carpenter Personal Training (45 minute options)</b> <ul style="list-style-type: none"> <li>• 4x/month - \$225 (\$56.25 per)</li> <li>• 8x/month - \$425 (\$53.13 per)</li> <li>• 12x/month - \$549 (\$45.75 per)</li> <li>• 16x/month - \$650 (\$40.63 per)</li> <li>• 20x/month - \$798 (\$39.90 per)</li> </ul>	<b>Shape Up Fitness &amp; Wellness Consulting (45 minute options)</b> <ul style="list-style-type: none"> <li>• 8x/month - \$440 (\$55.00 per)</li> <li>• 12x/month - \$600 (\$50.00 per)</li> <li>• 16x/month - \$720 (\$45.00 per)</li> </ul>
<b>YMCA (45 minute options. YMCA member fees not included)</b> <ul style="list-style-type: none"> <li>• 1x/month - \$53</li> <li>• 5x/month - \$250 (\$50.00 per)</li> <li>• 10x/month - \$440 (\$44.00 per)</li> <li>• 20x/month - \$840 (\$42.00 per)</li> <li>• Additional monthly YMCA membership fee required (income based)</li> </ul>	<b>Prescriptive Fitness (45 minute options)</b> <ul style="list-style-type: none"> <li>• 4x/month - \$254 (\$63.50 per)</li> <li>• 8x/month - \$463 (\$57.88 per)</li> <li>• 12x/month - \$652 (\$54.33 per)</li> </ul>
<b>Bodywise Inc (60 minute options. No 45 minute options)</b> <ul style="list-style-type: none"> <li>• 5x/month - \$375 (\$75.00 per)</li> <li>• 10x/month - \$700 (\$70.00 per)</li> <li>• 20x/month - \$1300 (\$65.00 per)</li> </ul>	<b>Metro 51 Fitness (60 minute options. No 45 minute options. PIF)</b> <ul style="list-style-type: none"> <li>• 1x/month - \$80</li> <li>• 10x/month - \$750 (\$75.00 per)</li> <li>• 20x/month - \$1400 (\$70.00 per)</li> <li>• 30x/month - \$1950 (\$65.00 per)</li> </ul>
<b>Everlasting Changes (45-50 minute options)</b> <ul style="list-style-type: none"> <li>• 1x/month - \$80</li> <li>• 5x/month - \$400 (\$80.00 per)</li> <li>• 10x/month - \$750 (\$75.00 per)</li> <li>• 25x/month - \$1750 (\$70.00 per)</li> </ul>	<b>Fitness Together Ballantyne (Session Length Unknown)</b> <ul style="list-style-type: none"> <li>• \$52-\$72 cost per session depending upon package</li> <li>• *as of May 2015, prices no longer on their website</li> </ul>
<b>Studio 1 on 1 Fitness Training (50 minute options)</b> <ul style="list-style-type: none"> <li>• 1x/month - \$80</li> <li>• 8x/month - \$560 (\$70.00 per)</li> <li>• 12x/month - \$792 (\$66.00 per)</li> <li>• 18x/month - \$1152 (\$64.00 per)</li> <li>• *as of May 2015, prices no longer on their website</li> </ul>	<b>Charlotte Athletic Club (45 minute options. Member fees not included)</b> <ul style="list-style-type: none"> <li>• 1x/month - \$65 (member)</li> <li>• 10x/month - \$600 (\$60.00 per)</li> <li>• Additional gym membership fees apply. As of May 2015 the cost was \$89-109 a month for membership. Pricing no longer available on website.</li> </ul>