



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 at anytime but all purchases are final.

PRICE COMPARISONS

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