



FITNESS FORMULA

TRAINING FEE SCHEDULES

Personal Training

All personal training packages include circuit training classes!
See reverse side for schedule.

1 Session Per Week

Single - \$160 per month
Double - \$240 per month (\$120 each)

2 Sessions Per Week

Single - \$288 per month
Double - \$432 per month (\$216 each)

3 Sessions Per Week

Single - \$360 per month
Double - \$540 per month (\$270 each)

Introductory 4 Session Package

Single - \$99



Innovative Gravity Training

Improves strength, flexibility, balance, and endurance.

30-Minute Total Body Routines

One Session - \$25
Package of 5 Sessions - \$115
Package of 10 Sessions - \$230

All pricing is subject to change.

Circuit Training:

Unlimited Classes

\$40 per Month

No contracts. No set up fees.

Circuits are one hour in length and are facilitated by a certified personal trainer. The content of each class is modified to suit the individuals attending the class; everyone gets a great workout no matter their fitness level!

- Class Schedule -

Monday, Wednesday and Friday:

7:30 am
8:00 am
11:00 am
12 Noon
6:00 pm

Tuesday & Thursday

6:00 am
11:00 am
12 Noon

Saturday

7:00 am
8:00 am

Schedule is subject to change.

Please visit www.fitnessformulamh.com for most up-to-date information or call (408) 776-9155.

**We invite you to schedule a
FREE introductory class.**

Please call (408) 776-9155 to sign up.

What's the best way to get started?

Take advantage of our special Introductory 4 Session Personal Training Package for only \$99!

Fitness formula is dedicated to providing affordable yet personalized fitness training and programs.

Please contact us to ask about frequency discount programs or if you have any special needs.

17400 Monterey Rd, Suite 2B • Morgan Hill, CA 95037
Jane@fitnessformulamh.com T: (408) 776-9155

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