

TRAINING PACKAGES

PERSONAL OR NUTRITION TRAINING

LIVE IT: 12 SESSIONS

PAID-IN-FULL: \$600 (\$50/HR)

OPEN RECURRING: \$540 (\$45/HR | *automatically renews when down to 2 sessions remaining*)

LEARN IT: 8 SESSIONS

PAID-IN-FULL: \$440 (\$55/HR)

OPEN RECURRING: \$400 (\$50/HR | *automatically renews when down to 2 sessions remaining*)

TRY IT: 4 SESSIONS

PAID-IN-FULL: \$240 (\$60/HR)

OPEN RECURRING: \$220 (\$55/HR | *automatically renews when down to 2 sessions remaining*)

TRAIN WITH A FRIEND

\$30/PERSON/HOUR (AVAILABLE PAID-IN-FULL OR OPEN RECURRING)

GROUP TRAINING CLASSES

PAID-IN-FULL

\$12/CLASS FOR 4, 8, 12, OR MORE

OPEN RECURRING

\$11/CLASS FOR 4, 8, 12, OR MORE (*automatically renews when down to 2 sessions remaining*)

SINGLE-CLASS DROP-IN

\$20

INDIVIDUAL DESIGN

ASSESSMENT & INTRODUCTION TO INDIVIDUAL DESIGN

\$300/4 IN-PERSON SESSIONS + 1ST MONTH OF WORKOUT PROGRAMMING.

(*More in-person sessions can be added, if needed, at \$50/hour.*)

PROGRESSING WITH INDIVIDUAL DESIGN

\$200/MONTH FOR 2 IN-PERSON SESSIONS AND PERSONALIZED WORKOUT PROGRAMS.

(*More in-person sessions can be added, if needed, at \$50/hour.*)



RIVERSIDE
HEALTH CLUB