

S3 Performance Training



Pricing Guide

Personal Fitness Training (1:1) *price per package*

Price		Included
60-Minute	30-Minute	
\$280 <i>\$70/session</i>	\$200 <i>\$50/session</i>	4x sessions
\$520 <i>\$65/session</i>	\$360 <i>\$45/session</i>	8x sessions
\$720 <i>\$60/session</i>	\$480 <i>\$40/session</i>	12x sessions

2810 E. Prospect Road
York, PA 17408



(717) 870-3950

Abby Cox

Director of Personal Training



www.s3performancetraining.com

Let's be social!



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Pricing Guide

Small Group Training (2-5 clients per session)

price per package

Price	Included
\$200	8x sessions <i>\$25.00 per session</i>

Build your Package

Price	Included
\$99	1x Personalized Program
\$200	1x Nutritional Program
\$75 60-minute	1x session
\$55 30-minute	

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