

S3 Performance Training

Adult Performance Training



Pricing Guide

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

Price		Included	Additional Information		
60-Minute	30-Minute		Free fitness assessment	30 Or 60-Minute experiences with one of our Certified Personal Trainer	Is the required HHAC membership included?
\$280 <small>\$70/session</small>	\$200 <small>\$50/session</small>	4x sessions			
\$520 <small>\$65/session</small>	\$360 <small>\$45/session</small>	8x sessions	✓	✓	✗
\$720 <small>\$60/session</small>	\$480 <small>\$40/session</small>	12x sessions	✓	✓	✗
\$950	Exceptional Health Program <i>Premium Package!</i>		Free fitness assessment 12x 1:1 60-minute sessions (\$55 per session) 2x Small Group Training sessions	> Nutrition Program > Digital access to Personalized Fitness Program	✗

Small Group Training (2-5 clients per session) *price per package*

Price	Included	Additional Information		
\$200	8x sessions <small>\$25.00 per session</small>	✓	45-minute small group experience with our Certified Personal Trainer for a full-body functional training workout!	✗

Build your Package

Price	Included	Additional Information		
\$99	1x Personalized Program	✓	Personalized fitness program tailored with your SMART goals in mind!	✗
\$200	1x Nutritional Program	Free nutrition assessment	Nutritional guide to assist in achieving health and wellness goals!	✗
\$75 <small>60-minute</small>	\$55 <small>30-minute</small>	1x session	30 Or 60-Minute experiences with one of our Certified Personal Trainer	✗



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www.s3performancetraining.com

Let's be social! See what *goals* our athletes are reaching:

