



KNEIFEL ROBINSON

PERSONAL TRAINING

SESSION	PACKAGE	Session Rate (50 min)
Introductory Personal Training Package Book an Introductory Package to ensure that you are on track and to see if personal training is right for you.	3	150
Private Personal Training (1 on 1) Exclusive personal training ensures that you receive the high touch service essential for personal goal achievement.	1	89 per session
	10	79 per session
	30	69 per session
Semi Private Personal Training (2-4 people) Semi Private Training is perfect for people who don't want to exercise alone. A great way to stay motivated and focused.	1	69 pp per session
	10	59 pp per session
	30	49 pp per session
Small Group Personal Training (4-6 people) Fun and encouraging, Small Group Personal Training motivates and supports friends with common goals.	1	39 pp per session
	10	36 pp per session
	30	31 pp per session
Fitness Classes A variety of classes from Yoga to HIIT will be offered at affordable prices. Check our schedule and fees to find the package that best suits your needs and schedule.	1	12
	10	10
	30	8
Private Fitness Classes (4+) Energize your friends and colleagues! Share the cost of a customized package with your group by booking Private Fitness Classes. Please designate one person to coordinate your group.	1	120/class
	10	110/class
	30	100/class
Nutrition Coaching Poor eating habits can sabotage the best exercise routine. Ensure that your eating habits compliment your goals and workout program.	Fees are based on Personal Training rates. Contact us for a quote that meets your specific needs.	

pp: per person

Fitness Advice: KR staff are available to provide complimentary fitness advice three hours a day, Monday to Friday. Schedules fluctuate in response to need.

KR staff are happy to meet with you privately in your office, meeting room or in the Gym to discuss your health and fitness needs. [Contact us](#)