

# PERSONAL TRAINING RATES

## MEMBER RATES

*Achieve your fitness goals!*

ONE on ONE	½ HOUR	45 MIN	1 HOUR	Group HR
One Session	\$50	\$65	\$75	NA
Four Sessions	\$184	\$235	\$290	\$225
Eight Sessions	\$344	\$449	\$556	\$345
Twelve Sessions	\$484	\$626	\$768	\$460

### GROUP PERSONAL TRAINING (2 to 4 people)

Personal Training Policies: Sessions are non-refundable. Sessions are transferable. All sessions expire within 30 days of purchase. Clients must provide 24hr notice of cancellation to avoid being charged for scheduled session. Training is purchased from Energy Fitness Metro Center. Personal trainers are employees of Energy Fitness Metro Center. If your trainer is no longer employed by Energy Fitness, a new trainer will be provided.

## NON-MEMBER RATES

*Achieve your fitness goals!*

ONE on ONE	½ HOUR	45 MIN	1 HOUR	Group HR
One Session	\$80	\$95	\$109	N/A
Four Sessions	\$259	\$315	\$375	N/A
Eight Sessions	\$479	\$585	\$695	N/A
Twelve Sessions	\$697	\$835	\$967	N/A

### GROUP PERSONAL TRAINING (2 to 4 people)

Personal Training Policies: Sessions are non-refundable. Sessions are transferable. All sessions expire within 30 days of purchase. Clients must provide 24hr notice of cancellation to avoid being charged for scheduled session. Training is purchased from Energy Fitness Metro Center. Personal trainers are employees of Energy Fitness Metro Center. If your trainer is no longer employed by Energy Fitness, a new trainer will be provided.



555 12th Street NW  
Washington, DC 20004

Entrance: 11th & F Street NW

[www.energyfitnessmetrocenter.com](http://www.energyfitnessmetrocenter.com)

**(202) 621-6698**

[energyfitness@profitclubs.com](mailto:energyfitness@profitclubs.com)