

PERSONAL TRAINING RATES

INDIVIDUAL SESSIONS

30 MINUTE SESSION	\$40
60 MINUTE SESSION	\$60

30 MIN SESSION PACKAGE

4 SESSION PACK	\$130
8 SESSION PACK	\$234

60 MIN SESSION PACKAGE

4 SESSION PACK	\$190
8 SESSION PACK	\$350

PARTNER SESSIONS (2 PEOPLE)

30 MINUTE SESSION	\$55
60 MINUTE SESSION	\$75

PARTNER PACKAGE - 30 MIN SESSIONS (2 PEOPLE)

4 SESSION PACK	\$180
8 SESSION PACK	\$310

PARTNER PACKAGE - 60 MIN SESSIONS (2 PEOPLE)

4 SESSION PACK	\$250
8 SESSION PACK	\$440

PROSPERO ELWOOD - BS, CPT, PES

Prospero graduated from Arizona State University with a degree in Exercise & Wellness. He has experience with one-on-one personal training, small group training, sport-specific training, and physical therapy.

KODY GAYLORD

Kody has three years of personal training experience, and brings over a decade of knowledge in calisthenics and functional exercise to ensure you are getting the most out of your workout. He has cultivated knowledge in training a myriad of clients, from the most prepared gymnast to a complete novice.

CALL OR EMAIL FOR AVAILABILITY
480.802.6853 | PELWOOD@SLHOA3.COM | KGAYLORD@SLHOA3.COM

