

Address:
 9450 Transit Road
 East Amherst, NY 14051
Phone Number:
 (716) 688-7100



Hours:
 Monday thru Thursday
 5:00am-11:00pm
 Friday 5:00am - 9:00pm
 Saturday and Sunday
 7:00am-7:00pm

Monthly Personal Training Rates

<u>Hours Per Week</u>	<u>Total Sessions</u>	<u>Amount Per Session (\$)</u>	<u>Amount Per Month (\$)</u>
n/a	1	65.00	n/a
1	4	60.00	240.00
2	8	50.00	400.00
3	12	47.00	564.00
4	16	45.00	720.00

<u>Half Hours Per Week</u>	<u>Total Sessions</u>	<u>Amount Per Session (\$)</u>	<u>Amount Per Month (\$)</u>
n/a	1	45.00	n/a
1	4	40.00	160.00
2	8	35.00	280.00
3	12	30.00	360.00
4	16	25.00	400.00

3 Months Paid in Full Training Packages

6 Months Paid in Full Training Packages

<u>Hours Per Week</u>	<u>Total Sessions</u>	<u>Total Amount (\$)</u>
1	12	650.00
2	24	1,080.00
3	36	1,525.00
4	48	1,950.00

<u>Hours Per Week</u>	<u>Total Sessions</u>	<u>Total Amount (\$)</u>
1	24	1,225.00
2	48	2,040.00
3	72	2,875.00
4	96	3,680.00

<u>Half Hours Per Week</u>	<u>Total Sessions</u>	<u>Total Amount (\$)</u>
1	12	430.00
2	24	755.00
3	36	920.00
4	48	1,080.00

<u>Half Hours Per Week</u>	<u>Total Sessions</u>	<u>Total Amount (\$)</u>
1	24	815.00
2	48	1,430.00
3	72	1,835.00
4	96	2,040.00