

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

Personal Training Rates

30 Minute Sessions		
Total Sessions	Per Session Price	Package Price
5	\$44	\$220
15	\$38	\$570
25	\$34	\$850
50	\$30	\$1,500

45 Minute Sessions		
Total Sessions	Per Session Price	Package Price
5	\$50	\$250
15	\$44	\$660
25	\$40	\$1,000
50	\$36	\$1,800

60 Minute Sessions		
Total Sessions	Per Session Price	Package Price
5	\$56	\$280
15	\$50	\$750
25	\$46	\$1,150
50	\$42	\$2,100