

Personal Training Rates

Effective November 20, 2017

Fitness Assessment

Per Person

\$15

Student & RecPlex Member Training Packages

Sessions	Per Person	Small Group*
1 session	\$35	\$20 per person
4 sessions	\$140	\$75 per person
8 sessions	\$245	\$140 per person
12 sessions	\$340	\$195 per person

Non-Member Training Packages

Sessions	Per Person	Small Group*
1 session	\$60	\$35 per person
4 sessions	\$225	\$125 per person
8 sessions	\$420	\$220 per person
12 sessions	\$600	\$300 per person

* A small group consists of 2, 3, or 4 people.

Sign up for 4 sessions or more, and receive a complimentary fitness assessment (\$15 value). For more information, please contact the RecPlex at recwell@nova.edu or (954) 262-7301.

