

Personal Training

Ultra Works Program

6 Month Program
60 Training Sessions
3 Nutritional Counseling Sessions
6 Fitness Evaluations
One Hour Training Session \$330 per month
Half Hour Training Session \$220 per month

Works Plus Program

3 Month Program
30 Training Sessions
2 Nutritional Counseling Sessions
3 Fitness Evaluations
One Hour Training Session \$340 per month
Half Hour Training Session \$240 per month

Works Program

1 Month Program
10 Training Sessions
1 Nutritional Counseling Sessions
1 Fitness Evaluations
One Hour Training Session \$350 per month
Half Hour Training Session \$250 per month

Individual Sessions

1-4 sessions
One Hour Session \$39
Half Hour Session \$29
5-9 Sessions
One Hour Session \$37
Half Hour Session \$27