

HFC Health Fitness Center Midtown

Personal Training Rates



Quick Start/Check Up\$174

3 Sessions - \$58 per

8 Training Sessions\$440

\$55 per session

12 Training Sessions\$600

\$50 per session

24 Training Sessions\$960

\$40 per session

For non-member rates please see staff.

Group sessions are available with \$10 off the per session cost per person. The cost of one training session is \$60. Installment plans are available on the 12 and 24 session packages.



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