

I offer Personal Training that is custom to you and your wants. Everyone is different and has different limitations, pain, mobility, etc. I work with you to get you the best results.

After consultation we will have a better understanding of what you need as far as frequency and duration of training.

Each Training session is 1 hour

Personal Training Pricing:

Single:

\$85 per 1 hour training session

Package of 10 sessions = Buy 9 get 1 free = \$765 (-\$85)

Package of 20 sessions = Buy 17 get 3 free = \$1,445 (-\$255)

Couple/Buddy (2 people):

\$127.50 per 1 hour training session (-\$42.50)

Package of 10 Couples/Buddy Sessions = Buy 9 get 1 free = \$1,147.50 (-\$127.50)

Package of 20 Couples/Buddy Sessions = Buy 17 get 3 free = \$2,167.50 (-\$382.50)

Group Session 3+

Contact Joe (507)-848-5233.

Notice: Scheduling will take place as soon as payment for at least 10 sessions out. 24 hour notice prior to session is needed to get full refund of session. If you need to cancel within 24 hours that session will be used up/charged. If weather makes it unable to make session for both trainer and client that session will not be used up/charged.