



CHARLOTTE, NC

Training Rates

Initial free 20-minute consultation.

M.S. EXERCISE PHYSIOLOGY **NASM** CPT **20+ YRS** PERSONAL TRAINING **2,500+** CLASSES TAUGHT

MONTHLY — set schedule, best rate, 30-day cycle

1× per week	4 sessions a month		\$100	PER SESSION
2× per week	8 sessions a month	MOST CHOSEN	\$75	PER SESSION
3× per week	12 sessions a month		\$70	PER SESSION
30-MINUTE MONTHLY same prep and travel as a full hour		3× / wk \$50	per session	2× / wk \$55 per session

PACKAGES — buy a block, use it on your own timeline, 90 days to finish

Drop-in \$120 PER SESSION	4 sessions \$105 PER SESSION	8 sessions \$85 PER SESSION	12 sessions \$80 PER SESSION
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30-minute packages available at the same structure. 30-minute drop-in \$70.

VIRTUAL & WRITTEN

\$98 a week Hybrid 2 sessions a month + programming	\$75 a session Live virtual coached by video, 45–60 min	\$52 a week Online coaching custom written program, video form review, weekly check-in	\$250 one time Assessment + plan written 12-week program
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CANCELLATION

24+ hours No charge **12–24 hours** 50% **Under 12 hours or no-show** Full rate

How it works

- Paid in full up front
- Renews every 30 days until you say stop
- Packages expire 90 days from purchase
- Reassessment every six weeks

Good to know

- One rate everywhere — your gym, your home, or online
- Your gym works if their policy allows outside trainers
- Travel free within 10 mi, \$20 to 20 mi, \$35 to 30 mi
- No long-term contract

Not sure which one? Start with a call.

Twenty minutes, free. Tell me what you're after and I'll recommend a fit.

vividstrength.fit