

NIFS TRAINING AND COACHING RATES



PERSONAL TRAINING RATES		
	Member	Guest
30-minutes	\$40	\$55
60-minutes	\$70	\$90
5 SESSION PRICING		
30-minutes	\$180	\$250
60-minutes	\$325	\$425
10 SESSION PRICING		
30-minutes	\$330	\$450
60-minutes	\$550	\$800
SEMI PRIVATE PRICING		
60-minutes	\$35	\$45
10 pack	\$300	\$400
SMALL GROUP TRAINING		
	Member	Guest
4pk monthly recurring	\$64	\$128
8pk monthly recurring	\$116	\$232
12pk monthly recurring	\$174	N/A
8 pack	\$136	N/A
HIT		
	Member	Guest
10 pack	\$80	\$180
Unlimited monthly recurring	\$48	N/A

Rates take effect August 1, 2023