

# Princeton Fitness & Wellness at Plainsboro

An Affiliate of Princeton Medical Center

## SEMI-PRIVATE TRAINING - TIER 1

Our trainers are hired with the primary role of servicing the members of the fitness floor and ensuring a safe and welcoming environment. All trainers are required to be CPR/AED certified, hold a nationally accredited certification or bachelors degree in exercise science.

### Single Payment Plan\*

TIER 1   ONE HOUR		
Your Commitment	Single Payment	Cost Per Session
8 Sessions	\$400.00	\$50.00
16 Sessions	\$720.00	\$45.00
24 Sessions	\$1,020.00	\$42.50

TIER 1   HALF-HOUR		
Your Commitment	Single Payment	Cost Per Session
8 Sessions	\$220.00	\$27.50
16 Sessions	\$396.00	\$24.75
24 Sessions	\$564.00	\$23.50

**Benefits** • Lowest Price Per Session • Access to all sessions at purchase date • More flexibility for scheduling

### Monthly Payment Plan\*

TIER 1   ONE HOUR		
Your Commitment	Monthly Payment	Cost Per Session
2 Months (8x/month)	\$378.00	\$47.25
3 Months (8x/month)	\$358.00	\$44.75
3 Months (12x/month)	\$510.00	\$42.50

TIER 1   HALF-HOUR		
Your Commitment	Monthly Payment	Cost Per Session
2 Months (8x/month)	\$208.00	\$26.00
3 Months (8x/month)	\$198.00	\$24.75
3 Months (12x/month)	\$282.00	\$23.50

**Benefits** • Pay in installments rather than upfront • Access to monthly allotment of sessions • More structured scheduling

## SMALL GROUP TRAINING

All Small Group Training sessions require 3 - 8 participants.

ONE HOUR	
Your Commitment	Package Cost
8 Sessions	\$250.00

HALF-HOUR	
Your Commitment	Package Cost
8 Sessions	\$130.00

\*All Recurring Programs start with a partial month preceding the monthly commitment. All programs expire 1 year after purchase date. All Personal Training sessions must be paid in full by check or credit card prior to the start of the first session. All sessions are non-refundable and non-transferable.

**Cancellation Policy:** You must give 24 hour notice of cancellation or you will be charged for your session.

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