

Princeton Fitness & Wellness at Plainsboro

An Affiliate of Princeton Medical Center

SEMI-PRIVATE TRAINING - TIER 3

Tier Three Trainers have the most advanced knowledge with regards to safety, programming methods and coaching skills. They are a leader and mentor trainer to other staff and are not only the top level trainer in the club but also the fitness industry.

Single Payment Plan*

TIER 3 ONE HOUR		
Your Commitment	Single Payment	Cost Per Session
8 Sessions	\$520.00	\$65.00
16 Sessions	\$960.00	\$60.00
24 Sessions	\$1,380.00	\$57.50

TIER 2 HALF-HOUR		
Your Commitment	Single Payment	Cost Per Session
8 Sessions	\$282.00	\$35.25
16 Sessions	\$520.00	\$32.50
24 Sessions	\$750.00	\$31.25

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

Monthly Payment Plan*

TIER 3 ONE HOUR		
Your Commitment	Monthly Payment	Cost Per Session
2 Months (8x/month)	\$504.00	\$63.00
3 Months (8x/month)	\$484.00	\$60.50
3 Months (12x/month)	\$690.00	\$57.50

TIER 3 HALF-HOUR		
Your Commitment	Monthly Payment	Cost Per Session
2 Months (8x/month)	\$274.00	\$34.25
3 Months (8x/month)	\$262.00	\$32.75
3 Months (12x/month)	\$375.00	\$31.25

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.

7 Plainsboro Road, Plainsboro, NJ 08536 | 609.799.7777 | princetonfitnessandwellness.com

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