

Princeton Fitness & Wellness at Plainsboro

An Affiliate of Princeton Medical Center

PERSONAL 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	\$520.00	\$65.00
16 Sessions	\$960.00	\$60.00
24 Sessions	\$1,392.00	\$58.00

TIER 1 HALF-HOUR		
Your Commitment	Single Payment	Cost Per Session
8 Sessions	\$286.00	\$35.75
16 Sessions	\$528.00	\$33.00
24 Sessions	\$768.00	\$32.00

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)	\$504.00	\$63.00
3 Months (8x/month)	\$488.00	\$61.00
3 Months (12x/month)	\$696.00	\$58.00

TIER 1 HALF-HOUR		
Your Commitment	Monthly Payment	Cost Per Session
2 Months (8x/month)	\$278.00	\$34.75
3 Months (8x/month)	\$269.00	\$33.63
3 Months (12x/month)	\$384.00	\$32.00

Benefits

- Pay in installments rather than upfront
- Access to monthly allotment of sessions
- More structured scheduling

*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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