

THE OAHU CLUB

FITNESS TRAINING RATES

Personal Trainers are Nationally Certified Professionals with varying degrees of specialty. Personal Training can help improve overall health and fitness, balance and stability, range of motion, weight management, athletic performance, and more.

☐ MEMBER

☐ PROGRAM MEMBER • Add \$10/session

PRIVATE TRAINING • ONE-ON-ONE

30-Minute Sessions

Package	Member Rate	Biomechanics Training*
1 Session	\$45	\$75
6 Sessions	\$40/session	\$70/session
12 Sessions	\$35/session	\$65/session

60-Minute Sessions

Package	Member Rate	Biomechanics Training*
1 Session	\$89/session	\$150/session
6 Sessions	\$86/session	\$145/session
12 Sessions	\$80/session	\$140/session
24 Sessions	\$75/session	\$135/session
36 Sessions	\$70/session	\$130/session

PARTNER TRAINING • 2 PEOPLE

Package	Rate Per Person
1 Session	\$60/session per person
6 Sessions	\$56/session per person
12 Sessions	\$53/session per person
24 Sessions	\$49/session per person
36 Sessions	\$45/session per person

* BIOMECHANICS TRAINING

Biomechanics Training is geared to help improve how your body moves, performs and feels. Based on Functional Patterns training, it focuses on optimizing standing, walking, running and throwing through total-body integration, gait and posture correction. The goal is to improve movement performance, reduce or eliminate pain, increase longevity and build a more resilient body with better mechanics. Availability is limited.

PERSONAL TRAINING SESSIONS ARE BY APPOINTMENT ONLY

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