

Personal Training Rates

Personal trainers are certified professionals with varying degrees of specialty.

Personal training is designed to accomplish many things: health and fitness goals, weight loss and management, and improved athletic performance.

Whether you are recovering from an injury, preparing for an event, or just need to kick start your motivation – Personal Training is for you!

Payment options

Specials:

New Year's Special 3 (1 hr) Sessions- \$199 (Members only, limit 1 pkg/member)

	<i>Private (one on one)</i>	<i>Partner/Small Group (rates per person) 30 min</i>
sessions:		
30 min session	\$ 45/session	\$ 25/session
6 session package*	\$ 40/session	\$ 23/session
12 session package*	\$ 35/session	\$ 20/session
60 min sessions		
1 session	\$ 89/hr	\$50/hr
6 session package*	\$ 86/hr ... \$516	\$46/hr ... \$276
12 session package*	\$ 80/hr ... \$960	\$43/hr ... \$ 516
24 session package*	\$ 75/hr ... \$1800	\$39/hr ... \$936
36 session package*	\$ 70/hr ... \$2520	\$35/hr ... \$1260

*Packages are priced at listed discounted rate times the amount of sessions purchased. 24 and 36 session cards may be paid for in 3 monthly installments

Here's what some people are saying.....

"At 87 years, I have had some problems with my hips, lower back and balance. You have designed a weekly hour of exercise to strengthen and ease these areas as well as tone the rest of my body – thank you." Alice Stanley

"Wonderful. I can now fit comfortably into my pre-pregnancy clothes from 8 years ago." Svetlana Bianchetti

Personal Training sessions are by appointment only. Please contact the Fitness Director – Lei Evensen at 395-3300x207 or email 2fitness@TheOahuClub.com

FREE FITNESS: If you would like a personalized tour of the weight-room or a 30 minute fitness assessment, contact us at the number or email above.