

PERSONAL TRAINING

IT'S TIME TO CHANGE UP YOUR FITNESS ROUTINE!
HIRE A PERSONAL TRAINER AND BECOME A BETTER YOU.

To set up an appointment or for more information, please reach out to our Fitness Director, Melissa Huntington at melissahkcm@gmail.com



KINGSBURY CLUB

MEDFIELD

PERSONAL TRAINING RATES

PRIVATE - 1 HOUR SESSION

	MEMBERS
SINGLE	\$90/SESSION
PACKAGE OF 4	\$340 (\$85/SESSION)
PACKAGE OF 8	\$640 (\$80/SESSION)

PRIVATE - 1/2 HOUR SESSION

	MEMBERS
SINGLE	\$50/SESSION
PACKAGE OF 4	\$190 (\$47.50/SESSION)
PACKAGE OF 8	\$360 (\$45/SESSION)

DUO - 1 HOUR SESSION

	MEMBERS
SINGLE	\$65/SESSION
PACKAGE OF 4	\$240 (\$60/SESSION)
PACKAGE OF 8	\$440 (\$55/SESSION)

TRIO - 1 HOUR SESSION

	MEMBERS
SINGLE	\$50/SESSION
PACKAGE OF 4	\$180 (\$45/SESSION)
PACKAGE OF 8	\$320 (\$40/SESSION)

SMALL GROUP TRAINING - 4 OR MORE

	MEMBERS
1X/WEEK FOR 8 WEEKS	\$240 (\$30/SESSION)
2X/WEEK FOR 8 WEEKS	\$200 (\$25/SESSION)



- All Packages expire in month.
- All training sessions are available to members and non-members
- Non-Members will be charged an additional 20% for all Personal Training.

NON-MEMBERS

\$96/SESSION

\$360 (\$90/SESSION)

\$672 (\$84/SESSION)

NON-MEMBERS

\$54/SESSION

\$204 (\$51/SESSION)

\$384 (\$48/SESSION)

NON-MEMBERS

\$72/SESSION

\$264 (\$66/SESSION)

\$480 (\$60/SESSION)

NON-MEMBERS

\$54/SESSION

\$192 (\$48/SESSION)

\$336 (\$42/SESSION)

NON-MEMBERS

\$30/SESSION