

2022 Training Rates

Personal Training

If you have a specific goal in mind, you're rehabilitating an injury, or just want closer personalized attention, personal training with one of our world class coaches at Contemporary Athlete is an excellent option.

Personal training will allow you to maximize your training experience with individualized coaching and programming, with a program tailored to your specific needs. No matter your goal, our coaches will create a program that is tailored to fit your needs while also providing expert coaching and support to help you attain your goals.

2 X \$134/Week

3 X \$201/Week

Unlimited X \$268/Week

Small Group Personal Training

Customized Personal Training Program based on your goals/needs/wants.
Flexible Training times and Unlimited access to our Conditioning Bootcamp with Support Group + Email/text support.

All of the perks of our Personal Training program, custom built programming based on your goals and needs. All at a fraction of the cost, With over 50+ hours of training weekly. This is the best value for your investment.

2 X \$67/Week

3 X \$87/Week

Unlimited \$97/Week