



personal training

Personal training packages are now available to you! Begin tracking your progress today with a complimentary pre-movement screening.

Interested in signing up? Contact kineticspectrumterrace@plusone.com to get started.

Package Rates

Package Type	Session Length	Cost/Session	Total Package
Single Sessions	30 Minutes	\$70	-
	45 Minutes	\$90	-
	60 Minutes	\$100	-
5-pack	30 Minutes	\$68	\$340
	45 Minutes	\$88	\$440
	60 Minutes	\$98	\$490
10-pack	30 Minutes	\$65	\$650
	45 Minutes	\$85	\$850
	60 Minutes	\$95	\$950

If you have questions, please contact kineticspectrumterrace@plusone.com.