

ENHANCED RESULTS PERSONALIZED PROGRAMS PERSONAL TRAINING

PACKAGES

Personal Training is the single best way to overcome your body's internal objections to running the extra mile, losing the extra pound, or simply being better, stronger, faster than it instinctively wants to be.

Worcester Fitness offers an advanced personal training system that guarantees improved results and more effective workouts.

Our training team is dedicated to providing the best fitness and performance training in the industry. Training with one of our Elite Team is much more than a gym workout.

Train for Spartan events, Sports specific programs, overall improved strength, and cardiovascular fitness- you name it, we can train you for it.

Cancellation Policy

Notice of cancellation must be at least 24 hours in advance for all personal training. Cancellations made less than 24 hours in advance will result in a full charge for the session. Please discuss with your trainer the best way to reach them in case of cancellation.

CONTACT

desk@worcesterfitness.com
508.852.8209

INDIVIDUAL

- 24 Sessions, \$1680
- 16 Sessions, \$1200
- 8 Sessions, \$640
- 1 Session, \$95
- Introductory 4 Pack, \$280
Assessment, \$99*

NON-MEMBER INDIVIDUAL

- 24 Sessions, \$2016
- 16 Sessions, \$1440
- 8 Sessions, \$768
- Introductory 4 pack, \$336
Assessment, \$99*

TEAM TRAINING

(2 or more people)

- 24 Sessions, \$1080
- 16 Sessions, \$800
- 8 Sessions, \$440

NON-MEMBER TEAM TRAINING

- 24 Sessions, \$1296
- 16 Sessions, \$960
- 8 Sessions, \$528

*Includes flexibility, mobility, and movement screen. Program design and goal setting for 3 months. \$99 for each 3 months for continuing to adapt and change program

