PHIT for Life Services 

\*First Consultation is free (30 minutes)

\*Personal Trainer fee-$30.00 an hour or 2 hours for $50.00

\*Group Trainer fee-30.00 an hour or 2 hours for $50.00

\*Summer Camp fee/Various Sports (3 day minimum) $125.00

\*5k Training (Contact us for pricing details)