

PERSONAL TRAINING

Customized pricing packages available. Please contact us to discuss your specific needs and budget corefitnessinfo@comcast.net, (732) 671-4030

One Hour Session

individualized exercise programs created for your needs with expert instruction, motivation and encouragement every step of the way.

Single Session: \$75.00

Ten Session Package: \$675.00

30-Minute Session

A condensed personal training session incorporating the most critical exercises

Single Session: \$45.00

Ten Session Package: \$400.00

Partner Session

A one-hour training session shared by you and a partner for added support.

Single Session: \$100.00

Ten Session Package: \$900.00

Private Small Group Training

A one-hour training session designed for the needs of a private group or sports team.

3-on-1: \$30.00 per person

4-on-1: \$25.00 per person

5 or more: \$20.00 per person

Monthly “Basic Training” Session

30-minute personal training session and customized written program to be performed independently at Core Fitness during regular business hours. Unlimited access to Cardio Fitness classes is also included.

One Month: \$79.00

All personal training clients who book a minimum of one session per month have access to open gym during business hours