



# Personal Training

## Pricing Information

12 Session Package  
\$389

8 Session Package  
\$289

4 Session Package  
\$189

Single Session  
\$49

4 week written plan  
\$129

New Member Only Packages  
Discounted Price per Session:

3 Session Package  
\$129

6 Session Package  
\$219

- All clients must be members of CCHC
- Clients must cancel within 24 hrs or they will be charged for the session
- All sessions are 30 minutes each
- 10% off for 2 or more members training together with the same trainer
- All sessions include a free consultation with assigned trainer
  
- For more information please contact our Fitness Director
  - Janelle #(406)442-6577 ext #5 or email [jmacnaughton@capcity.club](mailto:jmacnaughton@capcity.club)