

Membership Fees



Membership Options:

Personal Membership

- \$47/month to month
- \$35/month while Personal Training
- Prepay 6 months: \$40/month
- Prepay 12 months: \$35/month
- Couple's membership: \$70/month
- 2-Day Flex Plan you choose the days: \$30/month
- Initiation fee: \$75

Personal Training Memberships

- bodyFIT90 – First 90 days 5X/wk - \$150 (min 6+) \$200 (min.4)
- bodyFIT90 Maintenance – \$100 (min 4) 4X/wk - unsupervised sessions
- bodyFIT90 Maintenance – \$125 (min 4) 1X/wk – 1 w/trainer, 3 unsupervised

Note: Must complete 90 challenge to be eligible for maintenance.

Additional Options

- Shower only plan: \$35/month
- Day use/walk in fee: \$15
- Locker fee: \$10/month

Personal Training Programs:

Options

- Individual:
 - \$55 - 30 minute session
 - \$80 – 1X/week package price
 - \$73 – 2X/week package price
 - Small Group:
 - Two people: \$50/session
 - Three people: \$40/session
 - Large Group options:
 - Interval conditioning sessions: \$150-200/month
 - AM & PM Conditioning Camp: \$200-300/month
 - Women's only Boot Camp: \$150-250/month
- Note: Class prices vary based on class time and # of participants
- Private training (in-home or office) rates vary
 - Each program has the option to pay weekly or monthly
 - Recommended commitment 8 sessions 2x/week for best results!

Body Balance Personal Training
Jeff Spurgeon, Owner
10300 SW Greenburg Road, Suite A
Portland, OR 97223 503-892-8870
Studio hours: 6am-6pm; Monday-Thursday -6am-5:30pm; Friday
jeff@bodybalancetraining.com
www.bodybalancetraining.com