

2025 Pricing Sheet

New Client Special - \$295

2 Personal Training Sessions + a DEXA Scan + a Nutrition Consult

PERSONAL TRAINING

5 Sessions - \$745 (149 each)
10 Sessions - \$1390 (139 each)
20 Sessions - \$2580 (129 each)
40 Sessions - \$4760 (119 each)

PARTNER TRAINING

5 Sessions - \$995 (199 each)
10 Sessions - \$1890 (189 each)
20 Sessions - \$3580 (179 each)
40 Sessions - \$6760 (169 each)

RECOVERY ROOM*

2 for \$99 (new clients)
4x - \$260 (60 each)
8x - \$440 (55 each)

GROUP CLASSES*

2 Class Drop-in - \$70
10x Class Pack - \$740

DEXA SCANS

1 Scan - \$150
2 Scans - \$199
4 Scans - \$349

VO2 MAX + RMR

1 Test - \$285
2 Tests - \$530
RMR-only - \$120

3D GAIT ANALYSIS

75 min. Initial - \$199
60 min Follow-up - \$125

ADVANCED BLOODWORK

\$895 for complete blood panel + Over 50 key biomarkers
(opt.) \$700 for MD consultation + 30-minute review with Dietitian

* **UNLIMITED TRAINING PERKS**

Every personal and partner training pack purchased gets you UNLIMITED Recovery Room reservations and UNLIMITED Group Class bookings.

Must train min. 1x/week to be eligible

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GYM MEMBERSHIPS

UNLIMITED Gym Access across 3 studios and 8,000 sq. ft

UNLIMITED Recovery Room Reservations

- 45 minutes of private access to Infrared Sauna and Cold Plunge
- Bring a partner or friend at no additional cost

UNLIMITED Group Classes

- Unlimited access to a variety of group fitness classes

FREE 4-Week Training Program via TrainHeroic

- Structured workouts with demonstration videos, set/rep tracking, and chat access to a Custom Fit Coach.
- Option for continued programming at \$65/month after free trail

Concierge Nutrition Coaching - Member-only access

- 30-minute dietitian consultation to align training and nutrition goals
- Personal calorie and macronutrient targets + food tracking
- UNLIMITED access to recipes, nutrition ebooks, and educational blogs
- Discounted Nutrition Coaching and Meal Plan Packages

Complementary DEXA Scan upon sign up

MEMBERSHIP OPTIONS:

Monthly Unlimited: \$240/month

3-Month Unlimited: \$660 one-time (\$220/month)

6-Month Unlimited: \$1200 one-time (\$200/month)

One-time \$100 activation fee • No contracts • Cancel anytime

App store:



Android:



To sign up, download the Custom Fit Gym app: