

2025 Pricing Sheet

New Client Special - \$295

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

PERSONAL TRAINING

Package Options:

5 Sessions - \$775 (155 each)

10 Sessions - \$1450 (145 each)

20 Sessions - \$2700 (135 each)

40 Sessions - \$5000 (125 each)

OR

Monthly Options:

4 sessions / month - \$580 (145 each)

8 sessions / month - \$1080 (135 each)

12 sessions / month - \$1500 (125 each)

* 2 month minimum commitment then
month-to-month

Training Perks: Every personal and partner training membership gets you
UNLIMITED Recovery Room reservations and UNLIMITED Group Class bookings.

Must train min. 1x/week to be eligible

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

(opt.) \$700 for MD consultation

+ Over 50 key biomarkers

+ 30-minute review with Dietitian

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PARTNER TRAINING

Package Options:

5 Sessions - \$1025 (205 each)
10 Sessions - \$1950 (195 each)
20 Sessions - \$3700 (185 each)
40 Sessions - \$7000 (175 each)

OR

Monthly Options:

4 sessions / month - \$780 (195 each)
8 sessions / month - \$1480 (185 each)
12 sessions / month - \$2100 (175 each)

* 2 month minimum commitment, then
month-to-month

GYM MEMBERSHIP

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

- Training hours on Weekdays: 6am - 8pm + Weekends: 7am - 7pm

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

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: