

2026 Pricing Sheet

New Client Special - \$295

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

PERSONAL TRAINING

Package Options:

5 Sessions - \$825 (165 each)

10 Sessions - \$1550 (155 each)

20 Sessions - \$2900 (145 each)

40 Sessions - \$5400 (135 each)

OR

Monthly Options:

4 sessions / month - \$620 (155 each)

8 sessions / month - \$1160 (145 each)

12 sessions / month - \$1620 (135 each)

* 2 month minimum commitment

*Sessions do not roll over

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

*Sessions do not roll over

TRAINING PERKS: Every Personal and Partner Training Membership gets you UNLIMITED Recovery Room reservations, UNLIMITED Group Class bookings, and UNLIMITED DEXA + VO2 Max Bookings while the membership is active.

RECOVERY ROOM

2 for \$99 (new clients)

4x - \$260 (65 each)

8x - \$440 (55 each)

GROUP CLASSES

2 Class Drop-in - \$70

10x Class Pack - \$290

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Training Membership

TIER 1 — \$240/MONTH

+ \$100 initiation fee

- **Unlimited gym access**
 - Access all three Custom Fit studios (8,000 sq ft of training space)
 - Top-of-the-line barbells, dumbbells, kettlebells, and strength equipment
 - Showers, lockers, and towel service
- **Unlimited group fitness classes**
- **5 Recovery Room sessions** per month
 - 2-week recovery room booking window
- **20-minute nutrition consultation**

Performance Membership

TIER 2 — \$340/MONTH

NO initiation fee

- **Unlimited gym access**
 - Access all three Custom Fit studios (8,000 sq ft of training space)
 - Top-of-the-line barbells, dumbbells, kettlebells, and strength equipment
 - Showers, lockers, and towel service
- **Unlimited group fitness classes**
- **Unlimited Recovery Room sessions**
 - 4-week priority booking window for the recovery room
- **20-minute nutrition consultation**
- **Unlimited DEXA scans and VO2 Max testing**

* 2-month minimum commitment

Hours of Operation:

GYM:

- **Weekdays:** 6am - 8pm
- **Weekends:** 7am - 7pm

RECOVERY ROOM:

- **Weekdays:** 8am - 7pm
- **Weekends:** 9am - 3pm

App store:



Android:



To sign up, download the Custom Fit Gym app:

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Longevity Blueprint - \$1250

Advanced Bloodwork + Genetic Testing + one DEXA Scan

One VO2 Max test + 30-minute nutrition consultation

DEXA SCANS

1x	\$150
2x	\$199
4x	\$349

DEXA Scans are the gold standard in body composition analysis, providing a detailed understanding of your body with unparalleled precision.

VO2 MAX

1x	\$285
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VO2 Max measures your body's ability to use oxygen during intense exercise and is considered the gold standard for cardio-respiratory fitness and measuring your potential for longevity.

ADVANCED BLOODWORK - \$499

- + 15-minute in-studio blood-draw
- + 30-minute review with Dietitian

- + Over 50 key biomarkers
- + Optional MD consultation (+\$700)

GENETIC TESTING - \$499

General Health // Sports & Performance // Fertility // Plant-Based

- + Pickup & test in-studio or at home
- + Simple, one-time test
- + Covers 70 unique genetic traits
- + Truly personalized insights on health

3D GAIT ANALYSIS

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

3D Gait Analysis is the gold standard for assessing running mechanics, using advanced motion-capture technology to deliver precise, real-time movement data.