

## Personal Training by Session

Personal training includes a full fitness assessment, individualized fitness instruction, along with a combination of resistance training, cardiovascular training and nutrition advice.

### Basic Pricing

\$28 for 15 minute session

\$48 for 30 minute session

\$68 for 45 minute session

\$88 for 60 minute session

Groups of 2 or more get 30% off regular price

### Buy More Save More

Buy 20-29 sessions get 10% off

Buy 30-39 sessions get 15% off

Buy 40-49 sessions get 20% off

Buy more than 50 sessions get 30% off

## Private Training Packages

Make a longer commitment to training and save more!

Sessions/ Week	3 Months	6 Months	12 Months
15 minute			
1	\$100/month	\$92/month	\$84/month
2	\$200/month	\$184/month	\$168/month
3	\$300/month	\$276/month	\$252/month
4	\$400/month	\$368/month	\$336/month
30 minute			
1	\$176/month	\$156/month	\$140/month
2	\$352/month	\$312/month	\$280/month
3	\$528/month	\$468/month	\$420/month
4	\$704/month	\$624/month	\$560/month
45 minute			
1	\$256/month	\$228/month	\$204/month
2	\$512/month	\$456/month	\$408/month
3	\$768/month	\$684/month	\$612/month
4	\$1024/ month	\$912/month	\$816/month
60 minute			
1	\$332/month	\$292/month	\$260/month
2	\$664/month	\$584/month	\$520/month
3	\$996/month	\$876/month	\$780/month

We also offer semi-private and group training sessions. Ask for details and rates.

## Fitness Center Memberships

**Flex Membership** -  
*the easiest membership in Billings!*

Single Membership - \$28/month

Couples Membership - \$51/month  
A great way to keep you both motivated!

Family Membership - \$61/month  
*3 or more people in the same family  
and same household*

No Initiation Fees, No Long Term Contracts

### Mid Day & Weekend Membership

\$18 per month  
*Between the hours of 8:30am and  
3:30pm Monday-Friday  
All Hours Saturday and Sunday*

No Initiation Fees, No Long Term Contracts

### Success Track Membership

Only \$13 per month  
*For those who need a little help  
with motivation!*

Terms and conditions apply. Please contact an APEX team member for details.

## Fitness Assessments/ Re-Assessments



The fitness assessment is the initial evaluation of your fitness level.

In order to design a safe and appropriate exercise program, we need to know where to start. We measure blood pressure, heart rate, body composition, flexibility, strength, and aerobic capacity. The FMS tells us where we need to make improvements in movement patterns in order to correctly structure the training program. The Fitness Assessment is also crucial in determining goals and ensuring that those goals are specific and measurable. The results of the fitness assessment will be compared to a re-assessment at a later date to determine the degree of success of your training program. The fitness assessment is required in order to begin one-on-one personal training with APEX. The only way to know if you've reached your goals is to know where you started.

**Initial Assessment - \$100**

**Re-Assessment - \$60**

**No cost for the assessments if at least 2 total hours of training are purchased.**

## FITNESS CENTER HOURS

Monday-Thursday  
5:00am-10:00pm

Friday  
5:30am-9:30pm

Saturday  
7:00am-7:00pm

Sunday  
7:00am-2:00pm



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[www.apexpersonaltraining.com](http://www.apexpersonaltraining.com)



**Personal Training & Fitness Center**

*Educated professionals  
helping you reach your  
individual fitness goals.  
Your body. Your life.*

