



# Classes & Personal Training

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## 12-Session Personal Training Package

**\$660.00**

Fitness & Nutritional Assessment, Accountability, travel workouts if needed, at home workouts for days you are not here and a customized program to meet your goals. Your success is dependent on your level of commitment. We suggest a 3-month commitment 2-3 days a week.

## 1st Month Unlimited Classes Membership

Single: **\$154.00**

Includes a 1 hour personal training session we call our Kettlebell Essentials Class. This is a one on one session with a trainer by appointment only (for new members) and one month of unlimited classes. Also Includes nutritional assessment & body composition.

Couples: **\$253.00**

## Monthly Unlimited Class Membership

Single: **\$99.00**

No Contract, No membership fees. (one month notice for cancellation)

Couples: **\$183.00**

## 10-Class Punch Card

10-classes: **\$155.00**

Can be used for all classes (expires after 6 months)  
New members must take Kettlebell Essentials Class

W/Punch card: **\$55.00**

## Kettlebell Essential(KBE)

Price for non-members: **\$100.00**

## EWT Young Athlete Program

Monthly: **\$120.00**

Enhancing the fundamentals that your coach can teach by improving our athletes speed, agility, power and strength to outperform their competition. For ages 10-17.

\*Orientation: **\$55.00**

Summer Classes to start in May, schedule TBD

Appointment to be determined

\* New Athletes to the Program must take the Orientation class