



Classes & Personal Training

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**

Nutritional Consultation

Package Price: **\$264.00**

Includes the a la carte items listed below:

1 hr. Nutritional Consultation

à la carte: **\$125.00**

30 min. Meal Plan Appointment

“ **\$55.00**

4-15 min follow-up Appointments (Accountability)

“ **\$160.00**

Total à la carte price: \$340.00

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