

Capital Strength Training Program

- Personalized Training of 8 Clients to 1 Coach
- Complete Strength & Conditioning Program
- Learn proper technique, stay accountable, and get long-term results with workouts tailored to you

POPULAR

21-Day Strong Start

21-Day Strong Start	\$299	Test Drive Our Program with No Commitment
21-DSS + (3) 1-on-1 Sessions	\$599	(3) 1-on-1 Sessions + Full Program Access

Monthly Memberships

Semi-Private Personal Training	\$449	MONTHLY (no commitment)
Best Price Lock-In	\$399	MONTHLY Requires initial 3 month PIF of \$1,197

1-on-1 Personal Training

1-Hour Sessions

- Fast-track results with a 1-1 personalized program
- Tailored Workouts + Technique Coaching
- Accountability to stay motivated and on track

8 SESSIONS	\$105/SESSION	\$840
12 SESSIONS	\$100/SESSION	\$1,200
16 SESSIONS	\$95/SESSION	\$1,520

Capital Elite 1-Hour Sessions

- Highly Experienced Coach with Specialized Skillset
- Personal, Professional, and Competitive Accolades
- Most Popular Coaches with Limited Availability

8 SESSIONS	\$120/SESSION	\$960
12 SESSIONS FREE GIFT	\$120/SESSION	\$1,440
16 SESSIONS FREE GIFT + MASSAGE	\$120/SESSION	\$1,920

COMPLIMENTARY OPEN GYM ACCESS

****1-ON-1 PACKAGE TIME FRAME IS 8 WEEKS****

Tailored Options

Bi-Weekly Training Pack

- **The 2x/Week Routine:** Built for consistent progress and easy to fit into a busy lifestyle.
- Use your 8 sessions whenever you want over the 28-day cycle - no rigid weekly limits.

8 Classes

\$339

Auto-renews after 28 days
or when your 8th session is
used-whichever comes first.

DOES NOT INCLUDE OPEN GYM ACCESS

30-Minute Sessions

- Abbreviated training session
- Perfect for personalized HIIT or MetCon Workouts

8 SESSIONS

\$70/SESSION

\$560

COMPLIMENTARY OPEN GYM ACCESS

****1-ON-1 PACKAGE TIME FRAME IS 8 WEEKS****

Training Add-Ons

1-on-1 Pack Upgrade

1-on-1 Pack Add-On	5x 1-on-1 Training Sessions	\$399
• Work with a coach to achieve a specific goal • Only available to current Group Personal Training Clients		

Class Pack Upgrade

Group Training Class Pack	6 x 1-on-1 Training Sessions	\$149
• Add in more training days under the guidance of a coach • Use them at your own pace • Only available to current 1-on-1 Training Clients		

Massage Upgrade

• Focused massage to improve mobility, ease tightness, and recover faster		
30 Minutes	\$45/SESSION	