



## 2024 FITRM Rates

FITRM Family,

Thank you for your being a part of the FITRM Academy family. The new rates for 2024 will begin on ***January 1, 2024***. Our rates have been the same for private and tandem services since 2018. Our personal training and tandem services rates have changed, and we have added ancillary services. We look forward to a prosperous year together.

### **Personal Training Services:**

One-on-One Training - \$92.50 Per Hour (\$925 for 10 Sessions)

A 30-minute assessment meeting with parents will occur after the 5<sup>th</sup> session in each group of 10 sessions purchased.

Two Person Training - \$85.00 Per Participant Per Hour (\$850 for 10 Sessions) Each family will receive a 30-minute assessment meeting after the 5<sup>th</sup> sessions

### **Consultation Services:**

Student Counseling Services-125.00 Per House

This service is provided for students who need support to successfully develop mental mastery in sports, academics or personal development.

Parent Informational Meetings - \$150.00 Per Hour

These services are based on a parent solicited request for consultation

Parent/Child - \$225.00 Per Hour

These services are based on a parent solicited request for consultation that includes student(s)

Group Consulting - \$550 Per Hour

Consultation services are available for small groups of 5 or more participants.

Groups of 3 or more that consist of a team, organization or company that request training services.

\*Rates are subject to change