

PERSONAL TRAINING PRICING

30-minute session: \$45

45-minute session: \$60

60-minute session: \$75

BUDDY SPECIAL (2 Members per session)

30-minute session: \$60 (\$30 each)

45-minute session: \$80 (\$40 each)

60-minute session: \$100 (\$50 each)

SMALL GROUP TRAINING

3 Members: \$40 each/session

4 Members: \$35 each/session

5-6 Members: \$30 each/session

INBODY ANALYSIS

1st Body Analysis: \$35

(Includes Inbody body analysis scan and 15 minute session with a trainer to help you fully understand your results.)

\$10 any time re-test

INBODY PERSONAL TRAINING CLIENT SPECIAL

1st Body Analysis: \$25

(Includes Inbody body analysis scan and 15 minute session with a trainer to help you fully understand your results.)

\$5 any time re-test

Please contact Director of Athletics to sign-up and redeem your complimentary session.
Niki Brown | niki.brown@clubcorp.com | 281.348.2205

Personal Training Policies

Personal training sessions must be paid for prior to the start of the session (payment plans are available).

No-show sessions will be charged immediately to the member's account.

If you are unable to make your scheduled personal training appointment, please call your trainer's cell phone.

Our cancellation policy requires we receive at least a 24-hour notice before the scheduled appointment time.

Failure to comply with this policy will result in the member's account will be charged as a "no-show" for that session.

Pre-paid training sessions expire one year from date of purchase. There is no refund on pre-paid training sessions.

Session payments may not be applied to another department within the Clubs of Kingwood or ClubCorp properties.

Workouts designed by personal trainers are for use during sessions with clients, and are not given out for individual use.

Failure to complete the contracted number of sessions will result in price difference being billed to the member's account.

Non-members have use of the facility only when working with a Personal Trainer.