

Liskey's Fitness Services

2017-2018 Rates

Initial assessment/personal training

(1 person) \$150- includes assessment, program design, and program review

Personal training (1 person), prepay for 3 sessions: \$180 (\$60/session)

Personal training (1 person), 1 session: \$70/session, pay as you go

Personal training (1 person), prepay for 6 sessions: \$330 (\$55/session)

Personal training (2 training at same time) additional \$15/session

Corporate/group rates

******Up to 12 members \$750 includes initial assessments plus weekly weigh ins.

13 to 20 members \$1000 includes initial assessments plus 3 group workouts.

6-week fitness class (billing cycle) at your facility up to 30 members (1hr class)- 6-month contract

1 day per week, 1 hour each class- \$600

2 days per week, 1 hour each class - \$900

4 week fitness class at your facility up to 30 members (1hr class)- 6 month contract

1 day per week, 1 hour each class- \$450

2 days per week, 1 hour each class - \$750

W.A.V.E – WOMAN AGAINST VIOLENT ENCOUNTERS

Level 1, 2, or 3: 2 hour class- up to 8 members

\$150 (Elizabethtown area) \$25 each additional member

\$250 (Lancaster, Harrisburg, York area) \$25 each additional member

\$400 (Allentown, Philadelphia area) \$25 each additional member

Level 1 CONDENSED: 1 1/2 hour class- up to 8 members

\$125 (Elizabethtown area) \$15 each additional member

\$225 (Lancaster, Harrisburg, York area) \$15 each additional member

\$350 (Allentown, Philadelphia area) \$15 each additional member

**W.A.V.E. IS A COURTESY OF
LISKEY'S FITNESS SERVICES &
FIGHTING DRAGONS SCHOOL OF MARTIAL ARTS**

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