



Personal Training Rates 2023

Individual rates

Mobile Training – Trainer comes to your home

SESSIONS PER WEEK	AMOUNT PER SESSION
1	R415
2	R366
3	R302

Personal Training at The Garage

SESSIONS PER WEEK	AMOUNT PER SESSION
1	R366
2	R302
3	R252

FREE Wellness Evaluations with all Personal Training Packages

GROUP PERSONAL TRAINING (2 – 4 PEOPLE)

Mobile Training – Trainer comes to your home (rates per person)

SESSIONS PER WEEK	AMOUNT PER SESSION
1	R328
2	R290
3	R246

Personal Training at The Garage

SESSIONS PER WEEK	AMOUNT PER SESSION
1	R290
2	R246
3	R202

FREE Wellness Evaluations with all Personal Training Packages

COUPLES RATES

Mobile Training – Trainer comes to your home (rates per couple)

SESSIONS PER WEEK	AMOUNT PER SESSION
1	R668
2	R580
3	R492

Personal Training at The Garage

SESSIONS PER WEEK	AMOUNT PER SESSION
1	R580
2	R473
3	R403

FREE Wellness Evaluations with all Personal Training Packages

ONLINE PT RATES - Individual rates

Personal training via Zoom

SESSIONS PER WEEK	AMOUNT PER SESSION
1	R145
2	R125
3	R110

ONLINE PT RATES Group rates

Personal training via Zoom

SESSIONS PER WEEK	MONTHLY AMOUNT
Tuesdays & Thursdays	R640