



## PERSONAL TRAINING PROGRAMS



### Personal Training

Industry-leading Personal Trainers are available for fitness training and coaching sessions in **The Studio at 510**. Specializations and certifications are available to meet specific needs, including weight control, strength conditioning, pre- and postnatal, injury rehab, corrective exercise, and golf, tennis, running, cycling, sports coaches and more.

**PRIVATE (1-1) TRAINING:**            \$115/60-minute session  
   \$655/6-pack of sessions  
   \$1,240/12-pack of sessions

**TANDEM (1-2) TRAINING:**        \$170/60-minute session  
   \$980/6-pack of sessions  
   \$1,860/12-pack of sessions

### Corporate Training

Our corporate training program offers flexible options for designated personal training days and times, allowing employees to sign up for sessions. The sign-up process is typically managed by the sponsoring company; however, we can handle this process upon request.

The program accommodates 1-4 participants per session, working concurrently with the trainer in either 30-minute or 60-minute sessions. The session structure is determined by the sponsoring company, with no additional cost based on the selected format.

**CORPORATE TRAINING:**            \$375/one hour  
   \$525/two hours (back to back)  
   \$696/three hours (back to back)

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### *Terms and Conditions*

1. **Taxes:** All personal training services are subject to a 4.5% New York State tax.
2. **Cancellation Policy:** Sessions must be canceled at least 24 hours in advance. Cancellations made within 24 hours will incur a forfeiture of 50% of the session fee.
3. **Payment Terms:**
  - o Personal Training sessions must be prepaid.
  - o Corporate Training programs are invoiced monthly on a net-30 basis.
4. **Contact Information:**  
For more information about FitLore programs offered at 510 Madison, please contact us via email at [fitness@510madisonfitness.com](mailto:fitness@510madisonfitness.com) or call (646) 429-9521.