



TURN **INTENTION** INTO **ACTION**.

**#TakeAction**

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**FITNESS**

CENTER



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# PERSONAL TRAINING MENU

## PT Light Membership

For those looking for extra support without the cost. Includes one (1) session per month and one (1) month-long workout plan.

Express / Full Hour / \*Partner \$52.88 / \$74.03 / \$100.46

## Private One-on-One PT Membership (1 hour)

A traditional full hour of individualized personal training.

4 / 8 / 12 sessions per month \$274.95 / \$507.60 / \$697.95

## Express One-on-One PT Membership (1/2 hour)

For those looking for a more intense, shorter workout.

4 / 8 / 12 sessions per month \$198.81 / \$372.24 / \$520.29

## Partner Training Membership (1 hour – 2 people)

Partner training increases commitment to a regimen.

4 / 8 / 12 sessions per month \$380.70 / \$719.10 / \$1,015.20

## Foundations Program

\$52.88 – 2 sessions with a personal trainer

Exceed Foundations is an introduction to your personal fitness program.

- 2 sessions with a certified personal trainer
- A full fitness assessment
- An introduction to proper form and equipment use
- A ½ hour training session
- A results based training consultation

## Please Note:

- PT Memberships are non-transferable and non-refundable
- 30 days notice is required to cancel a PT Membership
- Unused sessions will carry over month to month
- Appointments must be canceled 24 hours in advance
- Group Exercise classes are included with all PT Memberships.

\* Partner pricing is the total amount due for two (2) people.

