

2026 SERVICE RATES

Personal Training (PT)

Personal training at TruPata Wellness provides customized exercise designed to improve strength, mobility, balance, functional movement, and overall fitness. Training is tailored to your goals, abilities, and fitness level, with one-on-one and semi-private options available. Services are fitness-focused and do not replace medical care or physical therapy.

TruPack 60 (60-Minute Sessions)		TruPack 45 (45-Minute Sessions)		TruPack 30 (30-Minute Sessions)	
Pack Size	Investment	Pack Size	Investment	Pack Size	Investment
5 Sessions	\$375	5 Sessions	\$290	5 Sessions	\$210
10 Sessions	\$720	10 Sessions	\$550	10 Sessions	\$400
15 Sessions	\$1,020	15 Sessions	\$780	15 Sessions	\$570

Semi-Private Training (SPT) 2-4 participants

Semi-private training at TruPata Wellness offers personalized fitness instruction in a small, supportive setting of 2–4 participants. Each participant receives individualized guidance while enjoying the motivation, accountability, and energy of working out with others.

TruCrew 60 (60-Minute Sessions)		TruCrew 45 (45-Minute Sessions)	
Pack Size	Per Person Investment	Pack Size	Per Person Investment
5 Sessions	\$225	5 Sessions	\$170
10 Sessions	\$400	10 Sessions	\$300
15 Sessions	\$525	15 Sessions	\$405

Individual Personal Per Session Training Rate

60 Minutes \$85 Per Session	45 Minutes \$65 Per Session	30 Minutes \$45 Per Session
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NOTE: All of the above services must be used within 6 months of purchase.

TruElite Personal Training (PT) Memberships

Session Length	Plan	Sessions/Month	Monthly Investment
60 Minutes	TruElite PT 60	4	\$260
		8	\$500
		12	\$720
45 Minutes	TruElite PT 45	4	\$200
		8	\$380
		12	\$540
30 Minutes	TruElite PT 30	4	\$160
		8	\$300
		12	\$420
Semi-Private Training (SPT) 2-4 participants			
60 Minutes	TruElite SPT 60	4	\$170 (per participant)
		8	\$320 (per participant)
		12	\$456 (per participant)
45 Minutes	TruCrew SPT 45	4	\$130 (per participant)
		8	\$240 (per participant)
		12	\$336 (per participant)

