

PERSONAL TRAINING PRICING

SURFSIDE TRAINERS

SESSION LENGTH	1 SESSION	5-PACK	10-PACK	20-PACK
50 minutes	\$100	\$475 (\$95 / each)	\$900 (\$90 / each)	\$1700 (\$85 / each)
30 Minutes	\$65	\$300 (\$60/ each)	\$550 (\$55/ each)	\$1100 (\$55/ each)

PAUL RICCI

FORMER HEAD NFL STRENGTH & CONDITIONING COACH

CLIENTS	1 SESSION	5-PACK	10-PACK	30-PACK
Solo	\$165	\$750 (\$150/each)	\$1400 (\$140/each)	\$3600 (\$120/each)
Partner	\$100	\$475 (\$95/session)	\$900 (\$90/session)	\$2400 (\$80/session)
Small Group	\$240	\$1175 (\$235/session)	\$2250 (\$225/session)	\$6000 (\$200/session)
30 Minutes	\$90	\$400 (\$80/each)	\$700 (\$70/each)	\$1800 (\$60/each)

TRAIN WITH CHERYL

CLIENTS	1 SESSION	5-PACK	10-PACK
Solo	\$125	\$550 (\$110/each)	\$1000 (\$100/each)
Partner	\$75	\$300 (\$60/session)	\$550 (\$55/session)
Small Group	\$180		
30 Minutes	\$75	\$325 (\$65/each)	\$600 (\$60/each)

SURFSIDE  FITNESS

FULL SERVICE GYMS

OPEN 365 DAYS | KEYLESS ENTRY
STAFF HOURS DAILY



GYMMASTER

NOW USING THE GYM MASTER APP

PURCHASE SHORT TERM MEMBERSHIPS AND
ACCESS THE GYM, ALL FROM YOUR PHONE!

SURFSIDE AVALON
2109 DUNE DR
(609) 967-9023

SURFSIDE SEA ISLE CITY
5904 LANDIS AVE
(609) 263-9023

GROUP FITNESS

RESERVE YOUR SPOT ON GYM MASTER APP

CLASS PACKS:

DROP IN \$25

5 PACK \$110

10 PACK \$210

20 PACK \$400

NO MEMBERSHIP REQUIRED

TRAINWITHCHERYL.COM
SURFSIDESTAFF@GMAIL.COM