

STUDIO7 2026 PRICE LIST

PRIVATE + SEMI-PRIVATE COACHING



MOVE BETTER.
TRAIN HARDER.
LOOK BETTER.



SEMI-PRIVATE TRAINING

60-MINUTE COACHED SESSIONS • MAX 4 CLIENTS PER BLOCK

① FLEX 2	2 SESSIONS • \$60 / SESSION • EVERFIT ACCESS • BASIC PROGRESS TRACKING • 3-MONTH MINIMUM	\$120 EVERY 4 WEEKS
② FOUNDATION	4 SESSIONS • 1X / WEEK • \$50 / SESSION • EVERFIT ACCESS • NUTRITION + HABIT COACHING • PROGRESS TRACKING • 3-MONTH MINIMUM	\$200 EVERY 4 WEEKS
③ MOMENTUM	8 SESSIONS • 2X / WEEK • \$45 / SESSION • EVERFIT ACCESS • NUTRITION + HABIT COACHING • PROGRESS TRACKING • 3-MONTH MINIMUM	\$360 EVERY 4 WEEKS
④ PERFORMANCE	12 SESSIONS • 3X / WEEK • \$42.50 / SESSION • EVERFIT ACCESS • NUTRITION + HABIT COACHING • PROGRESS TRACKING • 3-MONTH MINIMUM	\$510 EVERY 4 WEEKS
⑤ ELITE	16 SESSIONS • 4X / WEEK • \$40 / SESSION • EVERFIT ACCESS • NUTRITION + HABIT COACHING • PROGRESS TRACKING • 3-MONTH MINIMUM	\$640 EVERY 4 WEEKS

PLAN	SESSIONS / 4 WEEKS	PRICE	PER SESSION
① FLEX 2	2	\$120	\$60
② FOUNDATION	4	\$200	\$50
③ MOMENTUM	8	\$360	\$45
④ PERFORMANCE	12	\$510	\$42.50
⑤ ELITE	16	\$640	\$40



SEMI-PRIVATE A LA CARTE

SINGLE SESSION	\$65	
5-PACK	\$300	\$60 / SESSION
10-PACK	\$550	\$55 / SESSION
20-PACK	\$1,000	\$50 / SESSION



INTRO OFFERS

INTRO 10-PACK	\$250
10 SEMI-PRIVATE SESSIONS • \$25 / SESSION • NEW CLIENTS ONLY ONE PURCHASE PER CLIENT	
90-DAY KICKSTART	\$999
24 SEMI-PRIVATE SESSIONS • 12 WEEKS • AVERAGE 2X / WEEK EVERFIT • CUSTOM PROGRAMMING • NUTRITION + HABIT COACHING WEEKLY CHECK-INS • INITIAL + PROGRESS ASSESSMENTS	



THE MORE CONSISTENT YOU ARE, THE LESS YOU PAY PER SESSION.



BILLED EVERY 4 WEEKS • SUBJECT TO STUDIO7 BOOKING + CANCELLATION POLICIES

STUDIO7 2026 PRICE LIST

PRIVATE + REMOTE COACHING



MOVE BETTER.
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① PRIVATE 1:1 TRAINING

PERSONALIZED ONE-ON-ONE COACHING

SINGLE SESSION **\$200**

5-PACK **\$950** \$190 / SESSION

10-PACK **\$1,800** \$180 / SESSION

20-PACK **\$3,400** \$170 / SESSION



③ LIVE REMOTE TRAINING

LIVE COACHED VIRTUAL SESSIONS

1X / WEEK **\$200** EVERY 4 WEEKS 4 SESSIONS

2X / WEEK **\$360** EVERY 4 WEEKS 8 SESSIONS

3X / WEEK **\$480** EVERY 4 WEEKS 12 SESSIONS

4X / WEEK **\$560** EVERY 4 WEEKS 16 SESSIONS

REMOTE SESSIONS MAY INCLUDE UP TO 4 PARTICIPANTS
WHEN APPROPRIATE.



② RESIDENTIAL / IN-HOME TRAINING

PRIVATE COACHING AT YOUR HOME OR BUILDING GYM

SINGLE SESSION **\$250**

5-PACK **\$1,200** \$240 / SESSION

10-PACK **\$2,250** \$225 / SESSION

20-PACK **\$4,200** \$210 / SESSION

RECURRING RESIDENTIAL

1X / WEEK **\$900** EVERY 4 WEEKS 4 SESSIONS

2X / WEEK **\$1,680** EVERY 4 WEEKS 8 SESSIONS

3X / WEEK **\$2,400** EVERY 4 WEEKS 12 SESSIONS

TRAVEL

0-5 MILES INCLUDED

5-10 MILES: **+\$25** / SESSION

10+ MILES: CUSTOM QUOTE



④ ONLINE COACHING

PROGRAMMING ONLY | **\$99 / MONTH**

CUSTOM TRAINING PROGRAM • EVERFIT ACCESS
EXERCISE DEMONSTRATIONS • WORKOUT TRACKING
PROGRAM UPDATES AS NEEDED

STUDIO7 ONLINE COACHING | **\$199 / MONTH**

CUSTOM PROGRAMMING • EVERFIT ACCESS • WEEKLY CHECK-IN
NUTRITION GUIDANCE • HABIT COACHING • PROGRESS TRACKING
PROGRAM ADJUSTMENTS • MESSAGING SUPPORT

⚡ SMART PROGRAMMING. SERIOUS RESULTS. ⚡

PRICING SUBJECT TO STUDIO7 TERMS, POLICIES, AND AVAILABILITY.

STUDIO7 2026 PRICE LIST

YOUTH + CORPORATE



MOVE BETTER.
TRAIN HARDER.
LOOK BETTER.

1 YOUTH PERFORMANCE

STRENGTH + MOVEMENT + ATHLETIC DEVELOPMENT

YOUTH PERFORMANCE ASSESSMENT **\$99**

GOAL REVIEW • MOVEMENT ASSESSMENT • STRENGTH ASSESSMENT
• ATHLETIC ASSESSMENT • TRAINING RECOMMENDATIONS

YOUTH PRIVATE TRAINING

SINGLE SESSION	\$150	
5-PACK	\$700	\$140 / SESSION
10-PACK	\$1,300	\$130 / SESSION

YOUTH SEMI-PRIVATE TRAINING

1X / WEEK	\$200 EVERY 4 WEEKS	4 SESSIONS
2X / WEEK	\$360 EVERY 4 WEEKS	8 SESSIONS
3X / WEEK	\$480 EVERY 4 WEEKS	12 SESSIONS

YOUTH TEAM PERFORMANCE

5-10 ATHLETES	\$300 / SESSION
11-20 ATHLETES	\$400-\$500 / SESSION
20+ ATHLETES	CUSTOM QUOTE

PRICING MAY VARY BASED ON SESSION LENGTH, NUMBER OF ATHLETES, FACILITY, FREQUENCY, PROGRAM DURATION, AND EQUIPMENT REQUIREMENTS.

2 SIBLING / FAMILY RESIDENTIAL

2 SIBLINGS **\$275 / SESSION**

3 SIBLINGS **\$325 / SESSION**

LARGER GROUPS QUOTED INDIVIDUALLY.

3 CORPORATE WELLNESS

PILOT / SMALL TEAM **\$2,500-\$4,000 / MONTH**

BEST FOR SMALLER ORGANIZATIONS OR COMPANIES TESTING A WELLNESS PROGRAM.

GROWTH **\$4,500-\$7,500 / MONTH**

RECURRING TRAINING, WORKSHOPS, CHALLENGES, AND EMPLOYEE ENGAGEMENT.

PREMIUM PARTNERSHIP **\$8,000-\$12,000+ / MONTH**

COMPREHENSIVE WELLNESS SUPPORT FOR LARGER ORGANIZATIONS.

ON-SITE FITNESS • VIRTUAL FITNESS • WELLNESS WORKSHOPS
EMPLOYEE CHALLENGES • MOBILITY • STRENGTH TRAINING
NUTRITION EDUCATION • EXECUTIVE WELLNESS • CUSTOM EVENTS

4 MEMBERSHIP TERMS

	BILLED EVERY 4 WEEKS
	3-MONTH MINIMUM COMMITMENT
	14-DAY CANCELLATION NOTICE REQUIRED AFTER MINIMUM TERM
	SESSIONS MUST BE USED WITHIN THE APPLICABLE BILLING PERIOD UNLESS OTHERWISE STATED
	SESSIONS ARE SUBJECT TO STUDIO7 BOOKING + CANCELLATION POLICIES

LONG-TERM COMMITMENT DISCOUNTS

12-WEEK COMMITMENT	5% DISCOUNT
24-WEEK COMMITMENT	10% DISCOUNT
48-WEEK / ANNUAL COMMITMENT	25% DISCOUNT

 **CUSTOMIZED COACHING. CLEAR STRUCTURE. NO GIMMICKS.** 

CONTACT STUDIO7 FOR CUSTOM PACKAGES, TEAM RATES, AND CORPORATE PROPOSALS.