# How much does personal training cost at Physical Equilibrium?

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## How much does personal training cost at Physical Equilibrium?

At Physical Equilibrium, we believe that personalized training is the key to achieving your health and fitness goals. Our experienced trainers are dedicated to empowering you and helping you reach your full potential. Now, you might be wondering, how much does personal training cost at Physical Equilibrium? Let's break it down for you:

### 1. Individual Personal Training:

Our individual personal training sessions are tailored specifically to your needs and goals. Whether you're a beginner or an experienced athlete, our trainers will create a customized program just for you. The cost for individual personal training in NYC at our 515 Madison Avenue location sessions range from $135-165 per hour and $160-200 per session if our trainers come to you at your home, office or outdoors. Sessions at our Hamptons location range from $175-250 per hour depending on the location.

### 2. Group Personal Training:

If you prefer working out with a friend or a group, our duet and group personal training sessions are a great option. Not only will you get the benefits of personalized training, but you'll also have the support and motivation of others. The cost for duet personal training starts at $90 per person per session. We also have our Lift Club and other small group strength sessions that meet several times per week. Those classes are $40 per class. You can see the schedule here!

## 3. Virtual Personal Training:

If you're not able to visit our Midtown Manhattan studio or our East Hampton location, we also offer virtual personal training sessions. These sessions can be done from the comfort of your home or office, providing you with the same expertise and guidance as in-person sessions. The cost for virtual personal training starts at $135 per session.

Remember, investing in your health and fitness is one of the best decisions you can make. Our trainers will not only help you achieve your goals but also provide you with the knowledge and tools to maintain a healthy lifestyle in the long run. So why wait? Join us at Physical Equilibrium and start your fitness journey today!

If you have any further questions or would like to inquire about our services, feel free to reach out to us on our contact page. We're here to assist you in building a healthier and happier future for yourself!