What is the cost of personal training sessions?

Personal Trainer FAQs · https://physeq.com/phys-eq-faq/what-is-the-cost-of-personal-training-sessions/

What is the cost of personal training sessions?

At Physical Equilibrium, we offer personalized training sessions tailored to your individual needs and goals. Our experienced trainers are here to empower you in reaching your health and fitness goals, no matter where you are in your fitness journey.

How much do personal training sessions cost?

The cost of personal training sessions at Physical Equilibrium varies depending on several factors, including the duration of the session, the specific trainer, and whether you choose to train at our Midtown Manhattan studio, our East Hampton location, in your own home or office, or virtually.

For detailed pricing information, please contact us directly (call or text) at +1(917) 873-6100 or visit our website and fill out the contact form.

https://physeq.com/contact-phys-eq-physical-equilibrium-madison-ave-new-york-ny-nyc-10022/

Is it worth investing in personal training sessions?

Investing in personal training sessions can have numerous benefits for your health and well-being. Our trainers collaborate closely with medical professionals such as physicians, physical therapists, and chiropractors to help bridge the gap between therapy and an active lifestyle. Whether you're an

executive, runner, triathlete, new or expectant mom, young adult, or rehabilitation patient, our trainers are here to provide personalized guidance, support, and motivation.

What other services do you offer?

In addition to personal training, Physical Equilibrium offers a range of services to support your overall fitness journey. These include Pilates, nutrition counseling, triathlon and run coaching, acupuncture, and massage therapy. We also offer virtual sessions for those not in the vicinity of our locations. Feel free to explore our website for more information on these services.

Ready to start your fitness journey with us?

We invite you to come workout with us at our state-of-the-art facilities in Midtown Manhattan or East Hampton, New York. Our trainers will create a personalized training plan to help you achieve your goals. Get in touch with us today to schedule your first session!