

PERSONAL TRAINING AND RATES

Personal training is a great way to get fit fast. It's a personal experience you and I share together. Successful personal training is about creating a smart, healthy, and fun game plan to help you achieve your personal, fitness goals. I like blending a variety of activities into each workout over the course of your training with me: mind-body techniques, exercise science-based strength training, smart cardio-core sculpting, and sports performance moves which collectively will sculpt, tone, and transform your body beautiful, strong, and fit; now and forever.

Where

Training sessions are available in-home or at semi-private fitness facility located in Beverly Hills, Bel-Air, Century City, West Hollywood, Westwood, Brentwood, Santa Monica, or Pacific Palisades, CA. Other services include home and corporate gym installation.

Let me help you make your fitness dreams a reality today! Call 800.933.8633 or 310.650.5595.

Michael Torchia

Training Rates

Type of personal training	Per session* rate	Package Rate
In Home personal training:	\$175.00 - \$250.00	\$1700.00 - 2450.00 for 10 sessions
Gym personal training	\$150.00 - \$225.00	\$1500.00 - 2150.00 for 10 sessions

*Each session is approximately 60 minutes in duration, however time may vary depending on your current fitness level and needs. My rates vary according to time of day (peak or non-peak hours), location and how frequently you train.

PHONE CONSULTATION

If you are not in the Los Angeles area, I am available for health and fitness consultations by phone to help you achieve any and all your health and fitness goals. You'll have me available as your one on one personal coach to answer all your questions, meet all your individual needs, and keep you motivated! Call 800.933.8633 or 310.650.5595

Phone Consultation Pricing

\$100 per half hour
\$150 per hour

