

GRAY TRAINING

Pricing Sheet



GRAY
TRAINING
EST 2025

www.graytrains.com

k.graytraining@gmail.com

843-606-0087

*All packages are billed monthly. Session totals reflect one month.

1:1 Personal Training

1 x week (4 sessions)	\$300
2 x week (8 sessions)	\$520
3 x week (12 sessions)	\$720

Small Group Training

1 x week (4 sessions)	\$200
2 x week (8 sessions)	\$360
3 x week (12 sessions)	\$480

1:1 Online Training

1 x week (4 sessions)	\$240
2 x week (8 sessions)	\$440
3 x week (12 sessions)	\$600

Online Asynchronous

1-3 x week (fixed price)	\$180
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custom programming delivered via Trainerize app

what we do

Gray Training offers personal training designed to help you build sustainable strength and see real results. Each program includes:

- fully customized 50 minute workouts
- guided movement demonstrations
- ongoing check-ins for support, progress tracking, and program modifications.
- online programming delivered via Trainerize
- in-person sessions available to those local to the Greenville area

who we are



Kaya Gray

Founder & Trainer
NASM CPT, CES, MNTS