

SHANNON | SHAPE

Personal Training Rates &
Packages



Private 1 on 1 training in LA

Shannon is a certified personal trainer with true passion, and the desire to share it with her clients.

She is located in the Los Angeles area and is available for in home, outdoor and private gym training. Clients are approached on an individual basis, with unique training plans developed to challenge appropriately and to reach tangible goals.

Rates & Packages



Single Session

\$150 for a single, hour-long session. Includes 30 min. treadmill/gym access prior & subsequent trainer stretch



5 Private Sessions

\$650 for 5, hour-long sessions. Sessions expire 2 months from date of purchase. Includes 30 min. treadmill/gym access prior & subsequent trainer stretch



10 Private Sessions / 16 Private Sessions

\$1,200 for 10, hour-long sessions. \$1,800 for 16, hour-long sessions. Sessions expire 6 months from date of purchase. Includes 30 min. treadmill/gym access prior & subsequent trainer stretch

For further requests or inquiries: ShannonShapeLA@gmail.com