



STAMINA WELLNESS

private wellness experience

Training Options & Pricing

ADULT TRAINING

Exclusive 1:1

CI\$130 / session

A fully private session, tailored entirely to you. Your coaching, training plan and session are built around your individual goals, needs and progress. The time slot is reserved exclusively for you.

CONSISTENCY REWARD

Complete 12 pre-paid Exclusive sessions within 5 consecutive weeks and receive 1 FREE session.

Shared Personal Training

Individual coaching, tailored to you — in a shared training environment.

You simply share the training time with up to three other clients.

1 client — CI\$100

2 clients — CI\$70 each

3–4 clients — CI\$55 each



Shared Rate Protection

If nobody else joins your session, you pay CI\$100 — never the Exclusive rate.

Youth Training

Age-appropriate coaching focused on movement quality, coordination, strength, confidence and long-term athletic development.

1 youth — CI\$100

2 youths — CI\$50 each

3–5 youths — CI\$40 each

Family & Mixed Sessions

Adults and youth can train together while each person receives coaching appropriate to their goals, age and ability.

2 participants

Adult — CI\$70 | Youth — CI\$50

3–4 participants

Adult — CI\$55 | Youth — CI\$40



Booking, cancellation and rescheduling terms apply.



All prices are in Cayman Islands Dollars (CI\$).



All sessions are 60 minutes unless otherwise agreed.