

PowerHouseATX Public Price Sheet 2026

Public website/client version | Effective May 27, 2026

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Start Here

Every new client starts with a free consult and a free first session before purchasing a paid training package. Ramp-Up is the paid onboarding block after that first session when PowerHouseATX confirms the right path.

Package	Credits	Price	Rule
Ramp-Up 1-on-1 1x/week	4	\$300	New clients only; 35 days; app included
Ramp-Up 1-on-1 2x/week	8	\$520	New clients only; 35 days; app included
Ramp-Up 1-on-1 3x/week	12	\$720	New clients only; 35 days; app included

Ramp-Up uses the normal 1-on-1 appointment type. It is advertised as one-time/new-client-only; extensions require PowerHouseATX approval.

Monthly Memberships

Monthly memberships are for consistent training. Credits reset each billing cycle and do not automatically roll over. A membership does not guarantee a recurring appointment time unless that time is separately booked or documented.

Package	Credits	Price	Notes
Semi-Private 50 1x/week	4/month	\$300/month	Up to 3 clients per session
Semi-Private 50 2x/week	8/month	\$520/month	Up to 3 clients per session
Semi-Private 50 3x/week	12/month	\$720/month	Up to 3 clients per session
Semi-Private 25 1x/week	4/month	\$180/month	25-minute semi-private
Semi-Private 25 2x/week	8/month	\$320/month	25-minute semi-private
Semi-Private 25 3x/week	12/month	\$420/month	25-minute semi-private
1-1 Training 1x/week	4/month	\$460/month	Limited availability; app included
1-1 Training 2x/week	8/month	\$880/month	Limited availability; app included
1-1 Training 3x/week	12/month	\$1,260/month	Limited availability; app included

1-1 Training is limited availability. Purchase only after Trey confirms availability or if you are already approved.

Flexible Options

Flexible options are for occasional training or schedule gaps. They do not reserve a standing appointment time.

Product	Credits	Price	Expiration / Rule
1-1 Flex 4-Pack	4	\$500	Expires 45 days after purchase
Semi-Private 50 Flex 4-Pack	4	\$320	Expires 45 days after purchase
Semi-Private 25 Flex 4-Pack	4	\$200	Expires 45 days after purchase
1-1 Drop-In	1	\$130	Paid at booking; limited availability
Semi-Private Drop-In	1	\$85	Paid at booking; schedule availability

Fitness App

CoachRx provides templated workouts, exercise demos, exercise options, and progress tracking. App-only access does not include in-person credits.

Product	Price	Rule
Fitness App Subscription	\$59/month	App-only; no in-person training credits
Semi-Private App Add-On	\$25/month	Approved active semi-private clients only; private/direct Acuity flow

Core Public Policies

- Monthly credits reset each billing cycle and do not automatically roll over.
- Ramp-Up credits expire 35 days after purchase.
- Flex Pack credits expire 45 days after purchase.
- Drop-ins are paid at booking and are subject to schedule availability.
- Less than 24 hours notice, late cancellation, or no-show forfeits the session.
- Approved last-week reschedules may receive a staff-issued 7-day make-up credit.
- A paid package or membership does not guarantee a recurring appointment time unless separately booked or documented.