



Training Programs

Personal Training

Personal One on One Training (1 hour sessions)

3 months (\$70/session)	6 months (\$65/session)	12 months (\$60/session)
1x/week \$280/month	1x/week \$260/month	1x/week \$240/month
2x/week \$560/month	2x/week \$520/month	2x/week \$480/month
3x/week \$840/month	3x/week \$780/month	3x/week \$720/month

Paid in full option - 10 sessions/\$699

With these programs you will receive:

- Printed fitness evaluations
- Nutrition advice
- Digital before and after shots
- A personal trainer dedicated specifically to your goals

All packages are billed monthly E.F.T. to a credit card or checking account for the minimum commitment and will continue on a month-to-month basis