



Training Programs

Personal Training

Personal One on One Training (1/2 hour sessions)

3 months (\$45/session)	6 months (\$40/session)	12 months (\$35/session)
1x/week \$180/month	1x/week \$160/month	1x/week \$140/month
2x/week \$360/month	2x/week \$320/month	2x/week \$280/month
3x/week \$540/month	3x/week \$480/month	3x/week \$420/month

Paid in full option - 10 sessions/\$490

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