



# INDIVIDUAL SESSION PRICING & PACKAGES

## IN GYM

PERSONALIZED  
ONE ON ONE SESSION  
(PER SESSION)

30 MINUTES  
\$25

45 MINUTES  
\$35

60 MINUTES  
\$45

**FREE**  
Consultation

## PACKAGE

**10 SESSIONS\***

### IN GYM

30 MIN \$200  
45 MIN \$280  
60 MIN \$360

### IN HOME

30 MIN \$240  
45 MIN \$320  
60 MIN \$400

\*must be used within 2 consecutive months

## IN HOME

PERSONALIZED  
ONE ON ONE SESSION  
(PER SESSION)

30 MINUTES  
\$30

45 MINUTES  
\$40

60 MINUTES  
\$50

**BUY MORE &  
SAVE 20%**