



**RAMPAGE™**  
STRENGTH AND CONDITIONING

# PERSONAL TRAINING

WITH COACH BEN RAYLAND

NSCA CERTIFIED STRENGTH AND CONDITIONING SPECIALIST

Personal Training is available as single sessions or in a package. Whether focusing on functional movement, athletic development, weight loss, or general health, Coach Ben will tailor your programs to help you achieve your goals.

## RATES

1 one-hour session: \$80  
3 one-hour sessions: \$230

5 one-hour sessions: \$375  
10 one-hour sessions: \$700

\*Packages must be used within one year of date of purchase. Package prices are non-refundable\*

For more information or to book a session, contact Coach Ben at  
(315) 303-2781 or [coachben@rampagestrength.com](mailto:coachben@rampagestrength.com).