



PERSONAL TRAINING OPTIONS

3 MONTH TRIAL

(13 WEEKS)

FORM HEALTHY LIFESTYLE HABITS & START SEEING RESULTS

HALF HOUR

\$35

PER SESSION

PARTNER

\$22 EACH

PER SESSION

FULL HOUR

\$55

PER SESSION

PARTNER

\$37 EACH

PER SESSION

6 OR 12 MONTH TERM

(26 WEEKS OR 52 WEEKS)

REACH YOUR GOALS & MAINTAIN IT - FITNESS IS A LIFESTYLE

HALF HOUR

\$30

PER SESSION

PARTNER

\$20 EACH

PER SESSION

FULL HOUR

\$50

PER SESSION

PARTNER

\$35 EACH

PER SESSION

FREQUENCY

1 - 3 TIMES PER WEEK FOR GUIDANCE, COACHING, AND ACCOUNTABILITY