

KC ATHLETIC CUT

Packages

01 BODY CONTOUR PACKAGE

35 min experience - Reduce Fat, Reduce Inflammation, Reduce Pain - Red Light Full Body Therapy session, Full Body Vibration Plate session, 3D Biometric Scan w/ Consult.

\$100

02 HYBRID TRAINING- 16WEEK COMMITMENT

Independent Training Program. Strength Training and Fat Loss Sessions are custom designed toward individual hormone and metabolic cycles.

\$110/mth

or **LIVE GROUP ONLINE:** Strength Training and Fat Loss Sessions. 2x per week 30min sessions "Dirty 30"

\$440

03 SEMI PRIVATE FAT LOSS & STRENGTH- 12 WEEK COMMITMENT

12 week Semi Private Functional Strength and Fat Loss Program: Shred Fat and Build Muscle and Lean Body Definition. Package includes: **2 Training Days Per Week, Weekly Accountability, 28 Day Total Body Clean Up Challenge, 6 Body Scans and Postural Assessment.**

\$315/mth

\$945

04 PRIVATE 1 ON 1 FAT LOSS & STRENGTH - 12 WEEK COMMITMENT

12 week Private Functional Strength and Fat Loss Program: Shred Fat and Build Muscle and Lean Body Definition. Package includes: **2 Training Days Per Week, Weekly Accountability, 28 Day Total Body Clean Up Challenge, 6 Body Scans and Postural Assessment**

\$920/mth

\$2760

05 POSTURAL ALIGNMENT THERAPY- 6 MONTH PROGRAM

16 Postural Alignment Therapy Sessions, Six 3D Body Scans, 24hour Access to Custom Corrective Exercise Sessions, Accountability Check In's and Equipment Pack.

\$265/mth

\$1590

10% DISCOUNT FOR ALL MONTHLY PROGRAMS PIF
MAINTENANCE STAGE: 15% OFF EACH INDIVIDUAL SESSION
ONCE 12 WEEK COMMITMENT IS COMPLETED