



AFA SPORTS PERFORMANCE PRICING SHEET PERSONAL TRAINING

1X A WEEK @ \$60/SESSION

2X A WEEK @ \$50/SESSION

3X A WEEK @ \$45/SESSION

4X A WEEK @ \$45/SESSION

INCLUDES:

- + IN-PERSON COACHING
- + NUTRITION PROGRAMMING
- + SUPPLEMENT RECOMMENDATION
- + OUTSIDE-OF-SESSION WORKOUTS
- + BEFORE/AFTER PROGRESS PICS

***SESSIONS ROUGHLY AN HOUR LONG**

***SESSIONS PAID ON 4-WEEK BASIS**

FIRST SESSION FREE!

WE IMPLEMENT OUR PROVEN METHOD OF FUNCTIONAL ANATOMY TRAINING TO HELP INDIVIDUALS ACHIEVE THEIR FITNESS GOALS. WE UTILIZE OUR "AFA MICRO-CIRCUITS" TO CHALLENGE THE BODY AND INCREASE EFFORT AND INTENSITY. THIS METHOD HAS HELPED OVER A HUNDRED CLIENTS REACH THEIR FITNESS GOALS OF LOSING FAT, GAINING MUSCLE, GETTING STRONGER, OR JUST FEELING BETTER AND HEALTHIER. TAKE A MOMENT TO READ SOME OF OUR TESTIMONIALS ON OUR WEBSITE: WWW.AFAPROTRAINING.COM

FOR MORE INFO:

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WWW.AFAPROTRAINING.COM