



PERSONAL TRAINING PACKAGES

20 Sessions, \$49.95 per session

Buy 20 get 2 **FREE**

Plan Benefits:

- Nutrition Plan
- Shopping Lists
- Food Diary
- Starting Statistics
- Health Evaluation

10 Sessions, \$53.50 per session

Buy 10 get 1 **FREE**

Plan Benefits:

- Nutrition Plan
- Shopping Lists
- Food Diary
- Starting Statistics
- Health Evaluation

5 Sessions, \$55.50 per session

Plan Benefits:

- Nutrition Plan
- Shopping Lists
- Food Diary
- Starting Statistics
- Health Evaluation

2 Sessions, \$60.00 per session

One **FREE** personal training session & 3 Day Pass

**Offered only when you become a member, first time clients only*