

## SINGLES TRAINING

FOR THOSE DEDICATED ABOUT MAKING SERIOUS CHANGES. ONE-ON-ONE TRAINING PROVIDES THE BEST WAY TO MAXIMIZE YOUR WORKOUT & HAVE A PERSONALIZED WORKOUT JUST FOR YOU.

1X / PER WEEK  
**\$175.00**

4 ONE HOUR SESSIONS

2X / PER WEEK  
**\$329.00**

8 ONE HOUR SESSIONS

3X / PER WEEK  
**\$449.00**

12 ONE HOUR SESSIONS

## DOUBLES TRAINING

GRAB A FRIEND, COLLEAGUE, OR SIGNIFICANT OTHER AND BE PREPARED FOR AN EXHILARATING WORKOUT ASSURED TO PUSH YOU BOTH TO YOUR MAXIMUM POTENTIAL.

1X / PER WEEK  
**\$100.00**

4 ONE HOUR SESSIONS

2X / PER WEEK  
**\$195.00**

8 ONE HOUR SESSIONS

3X / PER WEEK  
**\$280.00**

12 ONE HOUR SESSIONS

## TRIPLES + TRAINING

THIS PROGRAM IS DESIGNATED TO CHALLENGE PARTICIPANTS IN A FUN SOCIAL SETTING. SMALL GROUP TRAINING IS PERFECT FOR THOSE WANTING A HIGHER INTENSITY WORKOUT THAN THEY ARE CAPABLE OF GENERATING ON THEIR OWN.

1X / PER WEEK  
**\$150.00**

8 ONE HOUR SESSIONS

- SMALL GROUP OF APPROX. 3-6 CLIENTS
- EIGHT ONE HOUR SESSIONS
- TWO SESSIONS PER WEEK

### PERSONAL TRAINING POLICIES

- ALL SESSIONS ARE PREPAID
- WE REQUIRE A 24 HOUR NOTICE FOR CANCELLATION TO AVOID CHARGES FOR MISSED SESSIONS.
- SESSION PAYMENTS ARE NON-REFUNDABLE; HOWEVER, THEY CAN BE TRANSFERRED TO ANOTHER MEMBER
- NO MORE THAN 30 DAYS CAN GO BETWEEN SESSIONS

MAKE THE PLEDGE |

