

Personal Training and Lifestyle Packages



- 1- 1 hour Personal Training Session - \$45
- 1- 1 hour Complete Fitness Assessment Session - \$45
- Personal Training Package
8-1 hour Personal Training Sessions - \$37 per session
- Personal Training + Complete Fitness Assessment Package
8-1 hour Personal Training Sessions + 1-1 hour Fitness Assessment - \$37 per session
- 12 Week Nutrition Journal \$20 each



*All sessions must be paid in advance.
Prices are subject to change.*



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