



## PERSONAL TRAINING

### **Exercise Design \$124**

Includes 2 sessions:

In-depth  
assessment/workout  
& tailored  
4-week program

### **Starter 4 Pack \$208**

Includes:

four 50 minute  
one-on-one  
training sessions  
(1st time purchase only)

### **50 Minute Sessions**

1x/wk @ \$61 = \$244/mo

2x/wk @ \$57 = \$456/mo

3x/wk @ \$50 = \$600/mo

### **25 Minute Sessions**

1x/wk @ \$46 = \$184/mo

2x/wk @ \$42 = \$336/mo

3x/wk @ \$36 = \$432/mo

### **PIF FLEX**

\$55/session

(Buy 10 or more with 1 year expiration)



### **Body Composition Analysis**

Drop in rate -\$15

6 pack -\$60