



PERSONAL TRAINING

- WORKOUTS THAT FIT YOUR SCHEDULE
- LEARN PROPER /SAFE TECHINQUE
- MOTIVATION & ACCOUNTABILITY

Silver Package (1 session/week)

Prepaid \$140 or \$37 per session

Gold Package (2 sessions/week)

Prepaid \$256 or \$34 per session

Platinum Package (3 sessions/week)

Prepaid \$330 or \$30 per session

(Rates are for a period of one month)