

# 2020 PROGRAMS *Personal Training for a better life!*

## ONE-ON-ONE TRANSFORMATION PROGRAMS

**3-Month Transformation Solution** - 1 x Week - \$624.00 PIF (\$208 per month)

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**3-Month Transformation Solution** - 2 x Week - \$1248.00 PIF (\$416 per month)

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**3-Month Transformation Solution** - 3 x Week - \$1872.00 PIF (\$624 per month)

## SEMI-PRIVATE TRANSFORMATION PROGRAMS

**2 to 4 Persons** - 40% Off Regular Program Price For Each Additional Person

## 21-DAY STRONG START PROGRAM

Personalized training program for new or returning trainees looking to get most out of their training efforts!

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**6 Sessions** - 2 x Week - \$324.00

*All Training Programs include:*

- Weekly body shaping personal training sessions to improve muscle tone, stamina, and strength.
- Personal meal plan guidance to fuel fat loss and increase lean body mass
- Cardio conditioning to increase energy, accelerate weight loss, and or reduce body size
- An at-home stretch and relaxation routine to improve flexibility and relieve stress.

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