



## **PERSONAL TRAINING PACKAGES**

**4 INTRODUCTORY SESSIONS 240.00 ( 60.00 PER SESSION )**

**8 SESSIONS 400.00 (50.00 PER SESSION)**

**12 SESSIONS 540.00 (45.00 PER SESSION)**

**16 SESSIONS 640.00 (40.00 PER SESSION)**

**MONTHLY RATES ALSO AVAILABLE**

**ALL PACKAGES INCLUDE WEIGHT LOSS / DIET  
CONSULTATION  
WEEKLY WEIGH-INS / TRACKING  
SESSIONS DO NOT EXPIRE**