



# PERSONAL TRAINING *Packages*

## 5 SESSIONS

DURATION: 45 DAYS FROM PURCHASE  
SESSIONS: 5

- ✓ INDIVIDUALIZED WORKOUT PLAN
- ✓ NUTRITIONAL GUIDANCE
- ✓ WEEKLY PROGRESS CHECK-INS
- ✓ EMAIL SUPPORT

**\$290.00**

## 8 SESSIONS

DURATION: 45 DAYS FROM PURCHASE  
SESSIONS: 8

- ✓ CUSTOMIZED FITNESS PROGRAM
- ✓ NUTRITIONAL GUIDANCE
- ✓ WEEKLY PROGRESS CHECK-INS
- ✓ EMAIL SUPPORT

**\$440.00**

## 10 SESSIONS

DURATION: 45 DAYS FROM PURCHASE  
SESSIONS: 10

- ✓ CUSTOMIZED FITNESS ASSESSMENT W/MEASUREMENTS
- ✓ NUTRITIONAL GUIDANCE
- ✓ WEEKLY PROGRESS CHECK-INS
- ✓ EMAIL SUPPORT

**\$520.00**

## 12 SESSIONS

DURATION: 45 DAYS FROM PURCHASE  
SESSIONS: 12

- ✓ CUSTOMIZED FITNESS ASSESSMENT W/MEASUREMENTS
- ✓ NUTRITIONAL GUIDANCE
- ✓ WEEKLY PROGRESS CHECK-INS
- ✓ EMAIL SUPPORT

**\$600.00**