

Packages and Pricing Sheet

THE WORKS.....\$1895

EXERCISE

30 PERSONAL-TRAINING SESSIONS
PRE-PROGRAM FITNESS ASSESSMENT
PERSONALIZED EXERCISE WORKBOOK
UNLIMITED CARDIOVASCULAR AND EXERCISE PRESCRIPTIONS
POST-PROGRAM FITNESS ASSESSMENT

NUTRITION

PRE-PROGRAM NUTRITIONAL ANALYSIS
UNLIMITED NUTRITIONAL PRESCRIPTIONS
10 COACHING SESSIONS
REAL-LIFE INDIVIDUALIZED SAMPLE PLANS
NUTRITIONAL EDUCATION

MINI WORKS.....\$695

EXERCISE

4 PERSONAL-TRAINING SESSIONS
PRE-PROGRAM FITNESS ASSESSMENT
PERSONALIZED EXERCISE WORKBOOK
TWO CARDIOVASCULAR AND EXERCISE PRESCRIPTIONS
FOLLOW-UP SESSION

NUTRITION

PRE-PROGRAM NUTRITIONAL ANALYSIS
UNLIMITED NUTRITIONAL PRESCRIPTIONS
6 COACHING SESSIONS
REAL-LIFE INDIVIDUALIZED SAMPLE PLANS
NUTRITIONAL EDUCATION

FIT FIRST.....\$575

EXERCISE

4 PERSONAL-TRAINING SESSIONS
PRE-PROGRAM FITNESS ASSESSMENT
PERSONALIZED EXERCISE WORKBOOK
CARDIOVASCULAR AND EXERCISE PRESCRIPTION
FOLLOW-UP SESSION

PERSONAL TRAINING

6-SESSION PACKAGE.....\$480
12-SESSION PACKAGE.....\$960
18-SESSION PACKAGE.....\$1260
24-SESSION PACKAGE.....\$1560