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