

Personal Training

What is Personal Training?

- 1 on 1 relationship with trainer 24/7
- 1 on 1 body transformation
- 1 on 1 motivation & support
- 1 on 1 guidance from a Fitness Professional

What is Included in the Packages?

- Science-based Pre & Post Assessments
- 60 minute sessions
- Communication & support with trainer 24/7
- Food journaling & nutritional guidance

What are the Fees?

- **One person**
 - 1 session: \$75
 - 5 sessions: \$350 (\$70/session)
 - 10 sessions: \$650 (\$65/session)
 - 20 sessions: \$1200 (\$60/session)
- **Two people**
 - 1 session: \$120 (\$60 each)
 - 5 sessions: \$550 (\$275 each-\$55/session)
 - 10 sessions: \$1,000 (\$500 each-\$50/session)
- **Three people**
 - 1 session: \$135 (\$45 each)
 - 5 sessions: \$637.50 (\$212.50 each-\$42.50/session)
 - 10 sessions: \$1200 (\$400 each-\$40/sessions)

Notes: Two & Three people classes require all people to train together with missed participants forfeiting missed session.

Questions? Or to Register:

- Please contact John Fuschino or Allie Eisele or Jack Bartoszek
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