

NOTE: THESE RATES ARE FOR PRIVATE PERSONAL TRAINING IN SHIRLEY ONLY

Training Sessions We Make Sessions Affordable!!!	Personal Training Reg Wkly/Mo Rate	Discounted Rate
1/2 Hr - 8 Sessions/2x wk/4 wks	\$ 60.00/wk-\$240.00/mo	\$ 240.00/mo (no discount)
1/2 Hr - 12 sessions/3x wk/4wks	\$ 90.00/wk-\$360.00/mo	\$ 360.00/mo (no discount)
1/2 Hr - 20 Sessions/5x wk/4 wks	\$ 150.00/wk-\$600.00/mo	\$580.00/mo (in Shirley)
Training Packages	Reg Monthly rate	Discounted Rate
1 Hr - 8 sessions/2x wk/4 wks	\$400.00/mo	\$400.00 (NO DISCOUNT)
1 Hr- 12 Sessions/3x wk/4 wks	\$600.00/mo	\$580.00 (in Shirley)
1 Hr - 20 Session/5x wk/4 wks	\$1,000.00/mo	\$940.00 (in Shirley)
Beach Body Bootcamp	\$120.00 for 4 - 5 weeks @ 2 - 3 x per week	
<p>Discounted Prices Shown in RED As Specified Above only apply when PAID IN FULL and UP FRONT PRIOR TO SESSIONS or package deals!</p> <p>DISCOUNTED PRICES ARE NOT FOR TRAVEL SESSIONS ONLY FOR AT MY HOUSE</p> <p>Prices Subject To Change Without Notice</p>		

Here's How The Program Works

- Available by Appointment Only

- My Home or Client's Home (extra fees may apply if more than 15 miles)

or Gym Facility (Client Pays Trainer's Daily-Entry Gym Fee, if applicable)

- Packages Used Within 30 Days
- **Payment Made Prior To First Session**

- Please Be On Time For Your Sessions To Receive Full Benefit of Services

SPECIAL EXCEPTIONS:

If client has a preference to be trained at their personal home, and has the equipment available for such training as is required, and an arrangement is made between the client and the Personal Trainer, additional fees may be included for TRAVEL EXPENSES TO AND FROM CLIENT'S HOME AS WELL AS TRAVEL TIME TO AND FROM CLIENT'S HOME. These fees may be waived if Trainee books a package deal and pays promptly and arrangement is made with Trainer!

All to be discussed prior to first session and agreed upon between both client and Personal Trainer.

1/2 HR SESSIONS AVAILABLE AT \$30 PER 1/2 HR ON ALL PKGS

CALL FOR YOUR SPECIAL RATE!

SEE COMPLETE PRICING INFO ON "BUY PACKAGES/PAYMENTS ONLINE PAGE

ADDITIONAL DISCOUNTS MAY BE OFFERED FOR COUPLES WHO JOIN TOGETHER, BUT AT TRAINER'S DISCRETION!

PLEASE READ CANCELLATION PAGE FOR INFO ON CANCELLATIONS!