



*Results with
Personalized
One on One*

Phone: 8135090681
Email: Info@PCFitBody.com

3 Month Personal Training Program

Duration (Min)	Type	Sessions/Week	Total Sessions	Rate/Session	Monthly Due	Months
60	Single	1	12	\$120	\$480	3
60	Single	2	24	\$108	\$864	3
60	Single	3	36	\$102	\$1,224	3
60	Single	4	48	\$96	\$1,536	3
30	Single	1	12	\$65	\$260	3
30	Single	2	24	\$59	\$468	3
30	Single	3	36	\$55	\$663	3
30	Single	4	48	\$52	\$832	3

6 Month Personal Training Program

Duration (Min)	Type	Sessions/Week	Total Sessions	Rate/Session	Monthly Due	Months
60	Single	1	24	\$110	\$440	6
60	Single	2	48	\$99	\$792	6
60	Single	3	72	\$94	\$1,122	6
60	Single	4	96	\$88	\$1,408	6
30	Single	1	24	\$60	\$240	6
30	Single	2	48	\$54	\$432	6
30	Single	3	72	\$51	\$612	6
30	Single	4	96	\$48	\$768	6

12 Month Personal Training Program

Duration (Min)	Type	Sessions/Week	Total Sessions	Rate/Session	Monthly Due	Months
60	Single	1	48	\$100	\$400	12
60	Single	2	96	\$90	\$720	12
60	Single	3	144	\$85	\$1,020	12
60	Single	4	192	\$80	\$1,280	12
30	Single	1	48	\$55	\$220	12
30	Single	2	96	\$50	\$396	12
30	Single	3	144	\$47	\$561	12
30	Single	4	192	\$44	\$704	12