

VIP



*Results with
Personalized
One on One*

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3 Month Personal Training Program

Duration (Min)	Type	Sessions/Week	Total Sessions	Rate/Session	Monthly Due	Months
60	Single	1	12	\$100	\$400	3
60	Single	2	24	\$90	\$720	3
60	Single	3	36	\$85	\$1,020	3
60	Single	4	48	\$80	\$1,280	3
30	Single	1	12	\$55	\$220	3
30	Single	2	24	\$50	\$396	3
30	Single	3	36	\$47	\$561	3
30	Single	4	48	\$44	\$704	3

6 Month Personal Training Program

Duration (Min)	Type	Sessions/Week	Total Sessions	Rate/Session	Monthly Due	Months
60	Single	1	24	\$90	\$360	6
60	Single	2	48	\$81	\$648	6
60	Single	3	72	\$77	\$918	6
60	Single	4	96	\$72	\$1,152	6
30	Single	1	24	\$50	\$200	6
30	Single	2	48	\$45	\$360	6
30	Single	3	72	\$43	\$510	6
30	Single	4	96	\$40	\$640	6

12 Month Personal Training Program

Duration (Min)	Type	Sessions/Week	Total Sessions	Rate/Session	Monthly Due	Months
60	Single	1	48	\$80	\$320	12
60	Single	2	96	\$72	\$576	12
60	Single	3	144	\$68	\$816	12
60	Single	4	192	\$64	\$1,024	12
30	Single	1	48	\$45	\$180	12
30	Single	2	96	\$41	\$324	12
30	Single	3	144	\$38	\$459	12
30	Single	4	192	\$36	\$576	12