

On Site Personal Training

Accelerated Start \$25_

-Fitness Consultation

10 Session Kickstart \$450 (\$45/hr)

-Fitness Consultation

-10 One Hour Workouts Targeting Specific Goals

-Cardio, Strength, and Flexibility Prescription

-24hr. Cfit Access

-Body Comp Analysis

52 Session \$2080 (\$40/hr)_

-Fitness Consultation

-52 One Hour Workouts Targeting Specific Goals

-Cardio, Strength, and Flexibility Prescription

-24hr. Cfit Access

-Body Comp Analysis

104 Session \$3640 (\$35.00/hr)

-Fitness Consultation

-104 One Hour Workouts Targeting Specific Goals

-Cardio, Strength, and Flexibility Prescription

-24hr. Cfit Access

-Body Comp Analysis



765-639-5798

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Off Site Personal Training

***Subject to travel and expense charges**

1 Session \$85 Off Site

- Fitness Consultation

-One Hour Workout Targeting Specific Goals

52 Session \$3900 Off Site

-Fitness Consultation

-52 One Hour Workouts Targeting Specific Goals

-24hr. Catapult Access



104 Sessions \$7280 Off Site

-Fitness Consultation

-104 One Hour Workouts

-Cardio Prescription

-Strength Training Prescription

-Flexibility Prescription

-24 hr Access with Exercise Prescription



As each trainer schedules your personal sessions we have a 24hr cancellation policy. No refunds on packages, however you may exchange, or share with a family member or friend with prior approval.