



Individual training

One on one

- *Personalized meal plan*
- *Weekly progress report*
- *accountability*

**\$30 /
hour**

Buddy/ Partner

- *Personalized meal plan*
- *weekly progress report*
- *accountability*

**\$25
each /
hour**

Group Training

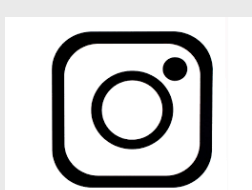
Strength/ Resistance training and toning

Monday and Wednesday @7pm

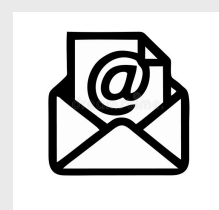
- *Personalized meal plan*
- *weekly progress report*
- *accountability*
- *1 hr long session*

**\$55 /
week**

**\$200 /
monthly**



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