

EDU - FIT

PRICING

Initial Consultation Program & Body Composition

Prior to beginning your personalized program, we require you schedule:

1. A 1 hour consultation session **FREE**
2. A body composition test **You have 2 choices: Dexa Scan or Dunk tank**

Nutritional Plan

This is a personalized 7 day meal plan. The 1 time fee of \$300.00 includes minor modifications and adjustments. We strongly advise to start the meal plan prior to beginning any training programs.

Price: \$300.00

Personal Training Sessions

Each 1 hour training session is specifically tailored to your goals and abilities.

- 1 per week \$75.00**
- 3 or more per week \$70.00**

Double Training Sessions

Carpooling?? That's no excuse! We offer double sessions for those who wish to train with a friend.

- 1 - 2 per week \$120.00**
- 3+ per week \$100.00**

Personalized Programs

After training with us for a couple of months, you may wish to only train with us 1 per week and the remainder of the week, train on your own. We will design a weekly work out program for you to be sure you stay on track to reach your desired goals.

Price per week: \$70.00

Note: You don't have to change your work out every week. But, we do suggest changing it up every 2 -3 weeks to ensure maximum results.

PACKAGE PRICING

Super Shape Up Program

Meal Plan

3 personal training sessions / week (18 sessions)

Total Cost \$1515.00

9 sessions	@ 70.00
9 "	" 65.00
Meal plan	300.00

Kick Start Program

Meal Plan

2 personal training sessions / week (12 sessions)

Total Cost 1110.00

6 sessions	@ 70.00
6 "	" 65.00
Meal plan	300.00

Price Inclusions

1. All applicable Taxes
2. Gym Drop In Fees
3. Minimum 10 minute phone consultations