

For youth development® For healthy living For social responsibility

## PERSONAL TRAINING



## **BEGINNER PACKAGE**

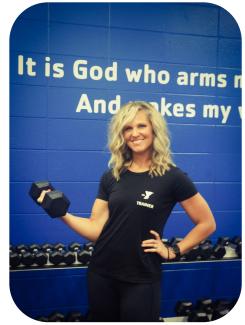
PACKAGE

PRICE

3 - 1 Hr Sessions \$100

## INDIVIDUAL 30 MINUTES PACKAGE PRICE 6 Sessions \$150 10 Sessions \$250

20 Sessions \$490



Fitness Evaluations Accountability Specialized Plans Motivation

## 

PRICE
\$120
\$200
\$390

NEW! Specialized Personal Training Sessions for Yoga, BoxMaster and Sports Stretching!

For more information:

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