



12 Week Transformation	\$2,934.00
<u>Includes:</u> -36 Training Sessions @\$68 -1 Initial fitness Assessment -Re-evaluation every 6 weeks -2 Nutrition Consultations with On-line Nutrition program & menu -Monthly Fitness Goal Setting	<u>This is for the person who:</u> <ul style="list-style-type: none"> • Needs to lose <20 pounds • Has Intermediate/Advanced Exercise Knowledge • Has a lot of discipline and motivation