



Jump Start Plan	\$99.00
<u>Includes:</u> -3 Personal Training Sessions @\$33 -1 additional Initial Fitness Assessment & Consultation (Nutrition Consultation & personalized menu at additional cost see Nutrition Coaching 12 week program)	<u>This is for the person who:</u> <ul style="list-style-type: none">• Looking to get a jumpstart and• Learn the proper way to burn fat

No refunds on prepaid sessions
Appointment cancellations must be made by 8:00 pm the previous night