



<b>Extreme Body Transformation</b>		<b>\$5,201.00</b>
<u>Includes:</u> -74 Training Sessions @\$63 -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"> <li>• Needs to lose &lt;40 pounds</li> <li>• Has Beginner Exercise Knowledge</li>   <li>• Needs a lot of motivation</li> <li>• Looking to decrease bodyfat%</li> </ul>	

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