



The Committed	\$3,730.00
<u>Includes:</u> -50 Training Sessions @\$65 -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 <30 pounds • Has Beginner/Intermediate Exercise Knowledge • Has an ebb & flow in motivation

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