

Training Packages



Quick Fit Package

- 1 session \$80
 - 4 session package for \$320
 - 8 session package for \$640
- Includes 1 complementary consultation

Silver Package

- 8 weeks, one-on-one, 2x/wk, @ \$80/hr = \$1280
- 8 weeks, 2 people, 2x/wk, @ \$50/hr = \$800
- 8 weeks, 3 people, 2x/wk, @ \$40/hr = \$640

Gold Package

- 20 weeks, one-on-one, 2x/wk, @ \$80/hr = \$3200
- 20 weeks, 2 people, 2x/wk, @ \$50/hr = \$2000
- 20 weeks, 3 people, 2x/wk, @ \$40/hr = \$1600

All packages include:

- Complete program description
- Evaluations and goal setting
- Posture & balance analysis
- Home & travel plans as needed
- Measurements & body fat testing
- Nutritional coaching and meal planning

Payment options: weekly, monthly or paid in full. When you pay in full and purchase the **gold** package your price will be reduced by 10%. It is required with each package that you schedule 2 sessions per week.

At Body Balance our professional fitness trainers all have degrees and/or hold nationally recognized certifications; with 10 to 30 years experience.

Specializing in the following:

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| • Weight Loss Management | • Core Training |
| • Injury Rehabilitation & Prevention | • Sport Specific Training for adults & youth |
| • Muscular strength Training | • Balance & Flexibility |
| • Cardio & Endurance Performance | • Nutritional Coaching & Body Fat Testing |
| • Fitness Testing & Movement Screening | • Pre/Post-Natal Exercise |

Body Balance Personal Training
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