

# Fitness Program Design

<b>Program</b>	<b>Commitment</b>	<b>Sessions</b>	<b>Monthly investment</b>
<b>Personalized Workouts</b> <b>Movement Assessments</b> <b>Customized app usage</b>	<b>3 months</b>	<b>Assessments</b> <b>every 4-6 weeks</b>	<b>\$189</b>