

30 Min* Personal Training

Program	Commitment	Sessions per week	Monthly investment
"Totally Committed"	12 months	3x/week	\$542
		2x/week	\$361
		1x/week	\$181
"Develop A Habit"	6 months	3x/week	\$598
		2x/week	\$399
		1x/week	\$200
"Move Better"	3 months	3x/week	\$624
		2x/week	\$416
		1x/week	\$208

*one hour sessions also available!