



FROM FLAB to FAB!!!!

Want real results? Do.....

GROUP TRAINING

It saves you money...it's fun & motivational!

Training Sessions:

Package 1: \$300.00(tot. group price)

12 – 45 minute sessions

2 – 4 people

Breakdown:

2 people = \$12.50 per person per session.

3 people = \$8.35 per person per session.

4 people = \$6.25 per person per session.

Package 2: \$450.00(tot. group price)

12 - 45 minute sessions

5 – 8 people

Breakdown:

5 people = \$7.50 per person per session.

6 people = \$6.25 per person per session.

7 people = \$5.36 per person per session.

8 people = \$4.69 per person per session.

**45 minutes of Exercise 3
days a week = a lifetime of
REWARDS!**

12 – 45 minute One on One Training Sessions

\$240.00 (\$20.00 per session)

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