

## FHL FITNESS

*EXERCISE FOR THE BODY. FAITH, HOPE AND LOVE FOR THE SOUL.*

# **Personal Training Rates- 45 min.**

### **Faith Package- (To make a difference)**

- \$55 per hour – single person rate
- \$42.50 single rate per 45 minute session/ \$32.50 buddy rate per 45 min. session
- 5 sessions - \$37 per session, single person rate
- 5 sessions with a workout buddy - \$32 per session per person.

### **Hope Package – (To definitely see change)**

- 8/45 minute sessions
- \$302.50 monthly rate (\$37.81/session)
- \$222.50 per person buddy rate (\$27.81/ session)

### **Love Package- (To **love** yourself even more)**

- 12/45 minute session
- \$435 monthly rate (\$36.25/session)
- \$291 per person buddy rate (\$24.25/session)

### **All sessions include:**

✓ Full fitness program	✓ Workbook with your personal workout plan/results
✓ Basic nutrition information <i>*Full nutrition plan added to package \$75.</i>	✓ Monthly assessments
✓ Complete email/phone or Facetime support	✓ Modifications for all fitness levels

### **Contact:**

**Christina Stilley - NASM Certified Personal Trainer**

**NASM Women Fitness Specialist**

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