

FHL FITNESS

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

Personal Training Rates

Faith Package- (To make a difference)

- \$55 per hour – single rate
- 5 sessions - \$50 per hour, single rate
- 5 sessions with a workout buddy - \$45 per hour per person.

Hope Package – (To definitely see change)

- 8 - 60 minute session
- \$390 - \$48.75/session
- \$310 - \$38.75/session – buddy rate

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

- 12 - 60 minute session
- \$510 - \$42.50/session
- \$390 – \$ 32.50/session – buddy rate

All sessions include:

✓ Full fitness program	✓ Personal workout plan/results emailed monthly
✓ Basic nutrition information <i>*Full nutrition plan added to package \$75.</i>	✓ Monthly assessments
✓ Complete email/phone or virtual support	✓ Modifications for all fitness levels

Contact:

Christina Stilley - NASM Certified Personal Trainer

Cell: 936-827-0506 / fhlfitness14@gmail.com

www.fhlfitness.com

Facebook: [@fhlfitcpt](https://www.facebook.com/fhlfitcpt)