

FHL FITNESS

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

Personal Training Rates- 30 min.

Faith Package- (To make a difference)

- \$55 per hour – single person rate
- \$30 per 30 minute session
- 5 sessions - \$25/30min., single person rate
- 5 sessions with a workout buddy - \$20/30min. per person.

Hope Package – (To definitely see change)

- 8/30 minute sessions
- \$215 - single rate \$26.88/session
- \$200 – buddy rate \$25 per person per session

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

- 12/ 30 minute sessions
- \$285 - single rate \$23.75/session
- \$270 – buddy rate \$22.50 per person per session

All sessions include:

✓ Full fitness program	✓ Your personal workout plan/results emailed monthly
✓ Basic nutrition information	✓ Monthly assessments
✓ Complete email/phone or Facetime support	✓ Modifications for all fitness levels

Contact:

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NASM Women Fitness Specialist

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