

# PERSONAL TRAINING

## PRIVATE TRAINING

### 60-MINUTES

1 Session	\$70 Ea.
6 Sessions	\$66 Ea. \$396 Pkg.
12 Sessions	\$62 Ea. \$744 Pkg.
24 Sessions	\$58 Ea. \$1,392 Pkg.
48 Sessions	\$56 Ea. \$2,688 Pkg.

### 30-MINUTES

1 Session	\$46 Ea.
8 Sessions	\$42 Ea. \$336 Pkg.
16 Sessions	\$40 Ea. \$640 Pkg.
30 Sessions	\$38 Ea. \$1,140 Pkg.
50 Sessions	\$36 Ea. \$1,779 Pkg.

## PARTNER TRAINING

### 60-MINUTES

1 Session	\$50 Ea.
6 Sessions	\$45 Ea. \$270 Pkg.
12 Sessions	\$42 Ea. \$504 Pkg.
24 Sessions	\$38 Ea. \$912 Pkg.
48 Sessions	\$34 Ea. \$1,632 Pkg.

## ONLINE COACHING

Your Fitness & Wellness Coach talks, advises and encourages you through e-mails and the Technogym MyWellness System.

**MONTHLY RATE                    \$95**

## HOW DO I GET STARTED?



**E-MAIL:  
FITNESS@STAFFORDHILLS.COM**

### YOUR PRIVATE COACHING CONSISTS OF:

- Private Assessments
- Identifying eating habits and lifestyle
- Action plan and accountability from your coach
- Creating a personalized fitness program specific to your needs

## TRAINING POLICIES

- All training sessions are by appointment only.
- 24-hour advance notice by phone or e-mail is required to change or cancel an appointment without full charge.