

## Personal Training Programs

Program	Commitment	Total Sessions	Monthly Investment	Total Contract Cost	
<b>"Total Committed"</b>	12 Months (\$35 per session)	204 Sessions (Avg 4x/week)	\$599	\$7,188	<a href="#">Sign Me Up!</a>
		156 Sessions (Avg 3x/week)	\$455	\$5,460	<a href="#">Sign Me Up!</a>
		108 Sessions (Avg 2x/week)	\$309	\$3,708	<a href="#">Sign Me Up!</a>
<b>"The Committed"</b>	6 Months (\$39 per session)	102 Sessions (Avg 4x/week)	\$655	\$3,930	<a href="#">Sign Me Up!</a>
		78 Sessions (Avg 3x/week)	\$499	\$2,994	<a href="#">Sign Me Up!</a>
		48 Sessions (Avg 2x/week)	\$304	\$1,824	<a href="#">Sign Me Up!</a>
<b>"The Transformation"</b>	3 Months (\$42 per session)	51 Sessions (Avg 4x/week)	\$715	\$2,145	<a href="#">Sign Me Up!</a>
		39 Sessions (Avg 3x/week)	\$549	\$1,647	<a href="#">Sign Me Up!</a>
		24 Sessions (Avg 2x/week)	\$339	\$1,017	<a href="#">Sign Me Up!</a>

## Semi-Personal Training Programs

Program	Commitment	Total Sessions	Monthly Investment	Total Contract Cost	
<b>"Total Committed"</b>	12 Months (\$28 per session)	204 Sessions (Avg 4x/week)	\$475	\$5,700	<a href="#">Sign Me Up!</a>
		156 Sessions (Avg 3x/week)	\$364	\$4,368	<a href="#">Sign Me Up!</a>
		108 Sessions (Avg 2x/week)	\$249	\$2,988	<a href="#">Sign Me Up!</a>
<b>"The Committed"</b>	6 Months (\$31 per session)	102 Sessions (Avg 4x/week)	\$519	\$3,114	<a href="#">Sign Me Up!</a>
		78 Sessions (Avg 3x/week)	\$399	\$2,394	<a href="#">Sign Me Up!</a>
		48 Sessions (Avg 2x/week)	\$254	\$1,524	<a href="#">Sign Me Up!</a>
<b>"The Transformation"</b>	3 Months (\$34 per session)	51 Sessions (Avg 4x/week)	\$579	\$1,737	<a href="#">Sign Me Up!</a>
		39 Sessions (Avg 3x/week)	\$439	\$1,317	<a href="#">Sign Me Up!</a>
		24 Sessions (Avg 2x/week)	\$279	\$837	<a href="#">Sign Me Up!</a>