



*Putting in the effort, but not seeing the results?*

*Seal Of Fitness can help you achieve your fitness goals through one-on-one or group instruction.*

*Seal Of Fitness will provide safe and effective tools to help you build a better understanding and appreciation of strength training, aerobic conditioning and nutrition - to last a lifetime.*

*Seal Of Fitness is determined to help you feel and look your best.*

*Seal Of Fitness understands no two people are alike, therefore, we will take into consideration your medical history, and fitness level to design a personalized workout program to meet your fitness goals.*

*Education...Dedication...Motivation*



*The first step to getting started on a personalized exercise program is to complete a fitness assessment. It measures your baseline for fitness.*

*Fitness Assessment includes:*

- Body Composition*
- Circumference Measurements*
- Strength & Endurance Tests*
- Flexibility Test*
- Cardiorespiratory Test*
- Heart Rate & Blood Pressure Test*
- Nutrition Consultation*



*Fitness...*



*Not a destination,  
But a journey*



*Seal Of Fitness Personal*

*Training Rates*

*Hourly Sessions/Rates*

- 1 Session/\$70*
- 8 Sessions/\$520*
- 10 Sessions/\$650*
- 12 Sessions/\$720*
- 16 Sessions/\$960*
- 24 Sessions/\$1320*
- 36 Sessions/\$1980*

*Half-Hour Express Sessions/Rates*

- 1 Session/\$45*
- 8 Sessions/\$320*
- 10 Sessions/\$400*
- 12 Sessions/\$420*
- 16 Sessions/\$560*
- 24 Sessions/\$720*
- 36 Sessions/\$1080*

*Partner "Buddy" Training*

*Hourly Session, Per Person, \$55\**

*Group Training (3 Persons)*

*Hourly Session, Per Person, \$45\**

*In-Home/Travel training \$80+ hr.*

*Health/Fitness Assessment, \$55*

*[www.SealOfFitness.com](http://www.SealOfFitness.com)*

*(see Web site for Package Rates\*)*