

Seal Of Fitness Personal Training Rates

Effective October 2006

SOF offers competitive personal training rates. Save more \$\$\$ on training with partner or group training. See our daily and package rates below. To start an exercise program call (404) 275-7642 or e-mail us today. Do you have a question or concern regarding our services? Send us an e-mail at info@SealOfFitness.com

For your convenience, SOF offers PayPal, to make online credit card payments.

Individual Training

One Hour: \$70, daily rate

One-Hour Training Packages / # of Sessions	Rates
8	\$520
10	\$650
12	\$720
16	\$960
24	\$1320
36	\$1980

Half Hour: \$45, daily rate

Half Hour Training Packages / # of Sessions	Rates
8	\$320
10	\$400
12	\$420
16	\$560
24	\$720
36	\$1080

Partner Training

Partner "Buddy" Training \$55, daily rate, per person (2 persons)

Packages / # of Sessions	Rates / Per Person
8	\$400
10	\$500
12	\$540
16	\$720
24	\$960
36	\$1440

Group Training: \$45, daily rate, per person (3 persons)

Packages / # of Sessions	Rates / Per Person
8	\$320
10	\$400
12	\$420
16	\$560
24	\$720
36	\$1080

"Building Strong, Lean, Healthy Bodies One Day at a Time"

Seal Of Fitness Personal Training Rates

Effective October 2006

Training Package Discounts (off daily rate)

- 8 – 10 sessions to be used within a month (\$5 per hour reduction)
- 12 – 16 sessions to be used within two months (\$10 per hour reduction)
- 24 – 36 sessions to be used within three months (\$15 per hour reduction)

In-Home / Travel Training starts @ \$80+ / per hour, per person

A ***health screening and fitness assessment***, \$55 per person (one-time charge)
Prerequisite to personal training

Areas of concentration:

- ✓ Muscular strength and endurance
- ✓ Flexibility
- ✓ Body composition
- ✓ Cardiovascular fitness
- ✓ Heart rate and blood pressure

Fitness – Nutrition Consultation, \$55 (up to one-hour)

Includes:

- ✓ Explain exercises and techniques
- ✓ Suggest or design basic exercise program
- ✓ Basic nutritional facts

Regular physical activity should be fun and healthy. Being more active is not only important, it is necessary to participant in a safe fitness program. Before starting an exercise program, you should first check with your doctor.

“Building Strong, Lean, Healthy Bodies One Day at a Time”