



Premier Training Options

Private Training great option for someone completely new to exercise, or in need of specific programming
personal, customized, systematic
First session is an assessment to determine how to program for your needs

You are making a commitment to yourself and to your trainer.

Help me Get started, show me what I can do, I'm confident I'll follow through on my own	For ME		Groups of 2 people		Groups of 3 people	
	2 sessions \$90	4 sessions \$175	2 sessions \$100	4 sessions \$200	2 sessions \$120	4 sessions \$240

What's your GOAL	Hold me accountable, I'll be ready soon!	6 sessions \$252	8 sessions \$320
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I really like having a trainer with me in the gym! Keep the great workouts coming!	10 session \$385	12 sessions \$432
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SIGNATURE	
instructor	
participant	
participant	

My commitment	Days	Time	SIGNATURE
Name			instructor
			participant

You are making a commitment to yourself and to your trainer. The trainer is blocking this time for you, **no cancellations unless discussed prior to 24hr from appointment.** Focus on what you are gaining by improving your health!

TRAINERIZE PROGRAMS (virtual training plan, available to you on your phone or computer) *Your Phone Your Plan Your Schedule*
great option for someone who wants to follow a plan, needs instruction but can't commit to a specific time slot.
Videos, progressive programming, accountability, confidence

Your HOME Get Started Trainerize Program	\$50	Add-on Options: <u>Orientation to your Plan at DF</u> \$35
Your HOME next level Program	\$50	
STANDARD GYM	Phase 1 Training Plan \$150 Phase 2 Training Plan \$150 Standard Gym additional \$150	<u>Nutrition Programs</u> 4 week Clean Eating Meals and Recipes \$100 7 days/week, 4 weeks, meals and snacks Recipes and grocery list
CUSTOMIZED (8 weeks)	Your Home or Gym Basic 2-4 days \$225 Advanced very detailed \$350	4 week Change My Habits \$75 coaching better habits and understanding of food journaling and focus
		2 week Detox (Plant based) \$40 7 days/week, 2 weeks, meals and snacks Recipes and grocery list

ADVANCED PROGRAMS written training plan for the versed adult/student athlete unable to attend group training.

STANDARD PLAN*	PHASE 1	PHASE 2	PHASE 3	option 1	option 2
	4 weeks (1 day cycle) 1-3x/week \$50	4 weeks (2 day cycle) 2-4x/week \$90	4 weeks (3-4 day cycle) 3-4x/week \$125	PHASE 1 4 weeks (1 day cycle) 1-3x/week \$150	PHASE 2 4 weeks (2 day cycle) 2-4x/week \$230
with 1 trainer session	\$90	\$115	\$185	PHASE 3 4 weeks (3day cycle) 3x/week \$315	PHASE 3 4 weeks (3-4 day cycle) 4x/week \$380
	*includes a gym membership			*includes a gym membership	