



## PERSONAL TRAINING

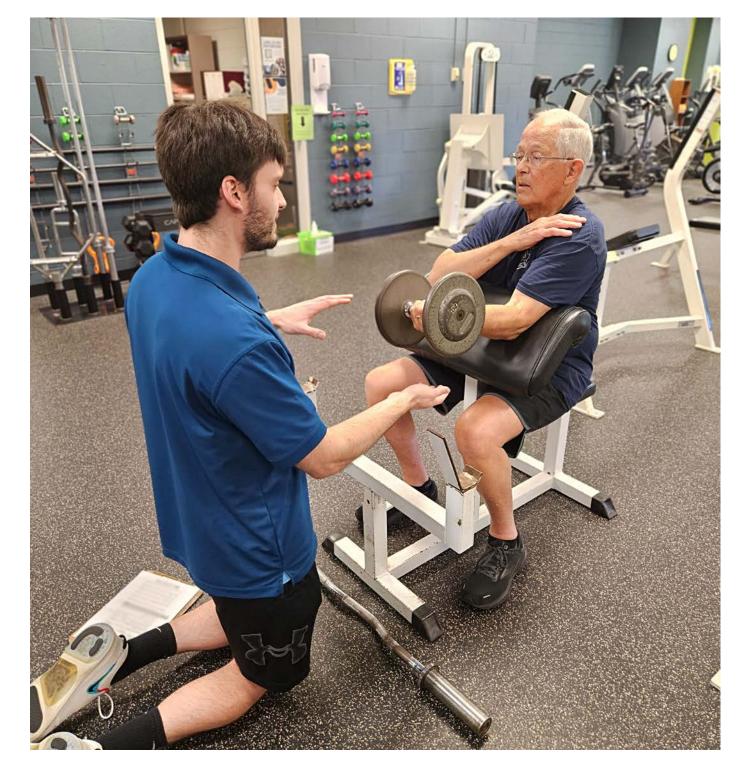


**Prevent Injuries.** 

**V** Reach your Goals!

## **30 Minute Sessions**

| 4 Sessions  | \$124 |
|-------------|-------|
| 8 Sessions  | \$232 |
| 10 Casalana | ¢010  |



12 Sessions \$312

## 60 Minute Sessions:

- 4 Sessions \$176
- 8 Sessions \$336
- 12 Sessions \$456

## \*New Client Special\*

Assessment + 3x 30min Sessions **\$110** 

