



# **PERSONAL + PARTNER TRAINING + NOURISH COACHING**

**JANUARY 2023**

**360 MEMBERSHIP INCLUDES 4 30-MINUTE SESSIONS, UNLIMITED  
SMALL GROUP, & STANDARD NOURISH COACHING FOR ONLY  
\$199/MONTHLY!**

## **PERSONAL TRAINING 30 MINUTE**

|   |                 |
|---|-----------------|
| <b>New Client Fresh Start 30 Min 8 Pack</b> | <b>\$170.99</b> |
| 1 Personal Training Session 30 min          | \$30.99         |
| 4 Pack Personal Training Session 30 min     | \$111.99        |
| 6 Pack Personal Training Session 30 min     | \$158.99        |
| 8 Pack Personal Training Session 30 min     | \$198.99        |

## **PERSONAL TRAINING 60 MINUTE**

|   |                 |
|---|-----------------|
| <b>New Client Fresh Start 60 Min 8 Pack</b> | <b>\$270.99</b> |
| 1 Personal Training Session 60 min          | \$55.99         |
| 4 Pack Personal Training Session 60 min     | \$201.99        |
| 6 Pack Personal Training Session 60 min     | \$285.99        |
| 8 Pack Personal Training Session 60 min     | \$358.99        |

## **PARTNER TRAINING 30 MINUTE (PER PERSON)**

|  |          |
|--|----------|
| 1 Partner Training Session 30 min      | \$24.00  |
| 4 Pack Partner Training Session 30 min | \$86.00  |
| 6 Pack Partner Training Session 30 min | \$122.00 |
| 8 Pack Partner Training Session 30 min | \$154.00 |

## **PARTNER TRAINING 60 MINUTE (PER PERSON)**

|  |          |
|--|----------|
| 1 Partner Training Session 60 min      | \$44.00  |
| 4 Pack Partner Training Session 60 min | \$158.00 |
| 6 Pack Partner Training Session 60 min | \$224.00 |
| 8 Pack Partner Training Session 60 min | \$282.00 |

## **FIT SMALL GROUP TRAINING (PRICE IS MONTHLY)**

|   |         |
|---|---------|
| Unlimited Sessions                                      | \$32.00 |
| <b>Personal Training Client Only</b> Unlimited Sessions | \$12.00 |

\*non-members receive an additional \$10.00 charge for every session they purchase

**\*\*Credit card processing fees not included in price**



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## **STANDARD NOURISH PLAN**

**\$200.00 FOR NON-MEMBERS**

**\$100.00 FOR SAFFP MEMBERS**

**\$80.00 FOR PT CLIENTS**

- Access to the SAFFP Fit App
- Access to the Nourish Group
- Daily tracking of habits and goals
- End-of-week accountability check-ins with Nourish Coach
- 30-minute end-of-month realignment session

## **ADVANCED NOURISH PLAN**

**\$250.00 FOR NON-MEMBERS**

**\$150.00 FOR SAFFP MEMBERS**

**\$130.00 FOR PT CLIENTS**

- Access to the SAFFP Fit App
- Access to the SAFFP Nourish Group
- Daily tracking of habits and goals
- Weekly start-of-week success call
- Weekly recipe ideas
- End-of-week accountability check-ins with Nourish Coach
- 30-minute end-of-month realignment session