

# GERIL THERAPY AND MIND BODY FITNESS PERSONAL TRAINING PACKAGES

## COMPLETE FITNESS EVALUATION-\$100.00\*

Measure of Overall Body Composition

Measure of Cardiovascular Capacity

Measure of Muscular Strength & Endurance

Measure of Flexibility

Design of Fitness/Wellness Specific Program Based on Individual Need

## 60-MINUTE TRAINING SESSIONS\*

Base Fee Per Session	Pkg of 6	Pkg of 12	Pkg of 24
\$60.00	\$330.00	\$625.00	\$1115.00

## 30-MINUTE TRAINING SESSIONS\*

Base Fee Per Session	Pkg of 6	Pkg of 12	Pkg of 24
\$32.00	\$180.00	\$335.00	\$615.00

\*Complete Fitness Evaluation must be completed prior to the beginning of any session.

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