

Personal Training Prices

Contributed by April Van Hoose
Friday, 01 January 2010
Last Updated Tuesday, 01 June 2010

PERSONAL TRAINING PRICES\$35.00- FOR PRIVATE SINGLE SESSION \$200.00 PER PERSON- 2X A WEEK
PARTNER TRAINING SESSIONS FOR 4 WEEKS\$300.00 PER PERSON- 3X A WEEK PARTNER TRAINING
SESSIONS FOR 4 WEEKS\$20.00 PER SESSION FOR A STUDENT UNDER 18 (\$160.00 FOR 4 WEEKS)\$150.00 FOR
ONLINE PROGRAM w/ 2 WORKOUTS FOR 8 WEEKS\$200 PER PERSON GROUP WORKOUTS -3X A WEEK FOR 4
WEEKSPROGRAM INCLUDES:INITIAL CONSULTATIONBODY FAT ANALYSIS (OPTIONAL)BEFORE & AFTER
PICTURES HEALTHY EATING OPTIONSWEIGHT TRAINING SESSIONSCARDIO SESSIONSNUTRITION COACHING
PRICES\$30.00 PER PERSON- NUTRITION WORKSHOP (\$15.00 FOR CURRENT CLIENTS) \$100.00- NUTRITION
ONLINE COACHING FOR 4 WEEKS (\$50.00 FOR CURRENT CLIENTS) PROGRAM INCLUDES:INITIAL
CONSULTATIONBODY FAT ANALYSIS (OPTIONAL)BEFORE & AFTER PICTURES INDIVIDUALIZED HEALTHY
EATING PLAN 2 PHONE OR IN PERSON COACHING SESSIONSUNLIMITED EMAIL *Online clients will be required to
keep a daily journal on nutrition/exercise. Baseline and follow-up measurements and digital photos will be necessary to
track progress. MY EMAIL: aprilvanhoose@gmail.com_