

MISSION FITNESS

PRIVATE TRAINING

[your goals . . . our expertise]

WHAT TO EXPECT

CUSTOM PROGRAM SUPPORTING YOUR UNIQUE GOALS + LIFESTYLE

INITIAL ASSESSMENT | CUSTOMIZED PLAN | RESULTS TRACKING

ATTENTION TO PROPER FORM + FUNCTION

A PERSONAL SUPPORT SYSTEM

ACCOUNTABILITY + MOTIVATION

PRIVATE + SEMI-PRIVATE TRAINING

PRIVATE SESSIONS [60]	M NM	DUET SESSIONS [60]	M NM
<i>single</i>	60 75	<i>single</i>	35 45
<i>five</i>	275 375	<i>five</i>	175 275
<i>ten</i>	500 600	<i>ten</i>	300 400
PRIVATE SESSIONS [30]	M NM	SEMI-PRIVATE 3+ [60]	M NM
<i>single</i>	35 45	<i>single</i>	30 40
<i>five</i>	175 225	<i>six</i>	150 250
<i>ten</i>	300 400	<i>twelve</i>	275 375