

# MISSION FITNESS

**PRIVATE TRAINING**  
your goals...our expertise.

## [WHAT TO EXPECT]

CUSTOM PROGRAM SUPPORTING YOUR UNIQUE GOALS

INITIAL ASSESSMENT + CUSTOMIZED PLAN

ATTENTION TO PROPER FORM + FUNCTION

ACCOUNTABILITY + MOTIVATION + SUPPORT

## [PRIVATE + SEMI-PRIVATE TRAINING]

<b>PRIVATE SESSIONS [60]</b>	<b>M   NM</b>	<b>DUET SESSIONS [60]</b>	<b>M   NM</b>
<i>single</i>	70   80	<i>single</i>	35   45
<i>five</i>	300   400	<i>five</i>	175   225
<i>ten</i>	550   650	<i>ten</i>	300   400
<b>PRIVATE SESSIONS [30]</b>	<b>M   NM</b>	<b>SEMI-PRIVATE 3+ [60]</b>	<b>M   NM</b>
<i>single</i>	40   50	<i>single</i>	30   40
<i>five</i>	175   225	<i>six</i>	150   250
<i>ten</i>	325   425	<i>twelve</i>	275   375

[3 month expiration on all packages]