

Seal Of Fitness Personal Training Rates

Effective September 2015

SOF offers competitive personal training rates.

Save more \$\$\$ on training with partner or group training. See our daily and package rates below. To start an exercise program call (404) 275-7642 or e-mail us today. Do you have a question or concern regarding our services? Send us an e-mail at info@SealOfFitness.com

For your convenience, SOF offers PayPal, to make online credit card payments.

One Hour

\$80, individual - daily rate

One-Hour Training Packages, # of sessions, package rate and discount

8	\$600 (\$75 hr. / \$40 Discount)
10	\$750 (\$75 hr. / \$50 Discount)
12	\$840 (\$70 hr. / \$120 Discount)
16	\$1,120 (\$70 hr. / \$160 Discount)

Half Hour

\$55, individual training - daily rate

Half Hour Training Packages, # of sessions, package rate and discount

8	\$400 (\$50 ½ hr. / \$40 Discount)
10	\$500 (\$50 ½ hr. / \$50 Discount)
12	\$540 (\$45 ½ hr. / \$120 Discount)
16	\$720 (\$45 ½ hr. / \$160 Discount)

Partner Training

Partner "Buddy" Training \$65, One hour - daily rate, per person (2 persons)

Number of sessions, package rate and discount

8	\$480 (\$60 / \$40 Discount)
10	\$600 (\$60 / \$50 Discount)
12	\$660 (\$55 / \$120 Discount)
16	\$880 (\$55 / \$160 Discount)

Group Training:

\$45, One hour - daily rate, per person (3 persons)

Personal Training Packages expiration period:

- 8 – 10 Sessions must be used within a month
- 12 – 16 Sessions must to be used within two months
- 17+ Sessions must be used within time-frame allotted by trainer.

“Lack of activity destroys the good condition of every human being, while movement

and methodical physical exercise save it and preserve it.”

~Plato

In-Home / Travel Training

Starts @ \$100+ per hour, per person

A health screening and fitness assessment

\$55 per person (one-time charge)

Personal training

Areas of concentration:

- Muscular strength and endurance
- Injury Prevention
- Balance, Core and Functional Fitness
- Flexibility
- Body composition
- Cardiovascular fitness
- Heart rate and blood pressure

Fitness – Nutrition Consultation

\$55 (up to one-hour)

Includes:

- Explain exercises and techniques
- Suggest or design basic exercise program
- Basic nutritional facts

Regular physical activity should be fun and healthy. Being more active is not only important, it is necessary to participant in a safe fitness program. Before starting an exercise program, you should first check with your doctor

“Building Strong, Lean, Healthy Bodies One Day at a Time”