

Weekend Warrior Package

\$550

If...

- You have a decent base level of fitness, but are looking to take it up a notch...
- You have a race or other event coming up that you'd like to PR...
- You want bragging rights on the basketball court, golf course, tennis course or ski slopes...

This package is for you!

What's Included:

- A five-week, moderately-high intensity program
- Ten private training sessions conducted in your home, scheduled at your convenience
- A regimen tailored to your unique sport(s) and designed to address your areas of concern
- Add-on sessions and follow-up packages available

What are you waiting for?

- All fitness levels welcome
- Little or no equipment necessary
 - Flexible scheduling options
 - Payment plans available
- Exceptional value for your money!