



Training Package Specials

All training packages include a **body composition test** with a 10 page detailed analysis *Fitness Wave* – www.getdunked.com (\$50 value)

All Prenatal training packages include a copy of “**Creating your Birth Plan**” by Marsden Wagner, MD MS

In-home training price is subject to changes if distance traveled is more than 20 minutes

These discounts apply to the 1st package of training sessions; subsequent packages purchased will be at regular package rates

Specials with Lisa

For a summary of Lisa's back ground [please click here](#)

Private Training

10 Sessions 2 x weekly training for 5 weeks (\$850 value) **\$750**

Private Training for those with medical conditions or “special needs”

10 Private Sessions 2 x weekly training for 5 weeks (\$1000 value) **\$800**

Prenatal or Postnatal Training

8 Private Sessions 2 x weekly training for 4 weeks (\$720 value) **\$600**

Specials with Robin

For a summary of Robin's back ground [please click here](#)

Private Training

10 Sessions 2 x weekly training for 5 weeks (\$750 value) **\$650**

Private Training for those with medical conditions or “special needs”

10 Private Sessions 2 x weekly training for 5 weeks (\$800 value) **\$700**

Prenatal or Postnatal Training

8 Private Sessions 2 x weekly training for 4 weeks (\$640 value) **\$520**

Specials with Brittany

For a summary of Brittany's back ground [please click here](#)

Personal Training

10 Sessions 2 x weekly training for 5 weeks (\$650 value) **\$550**

Prenatal or Postnatal Training

8 Private Sessions 2 x weekly training for 4 weeks (\$560 value) **\$440**

Specials with Jennifer

For a summary of Jennifer's back ground [please click here](#)

Personal Training

10 Private Sessions 2 x weekly training for 5 weeks (\$650 value) **\$550**

Prenatal or Postnatal Training

8 Private Sessions 2 x weekly training for 4 weeks (\$560 value) **\$440**