



BodyDesigns Personal Training and Nutrition Rates

<u>Training</u>	<u>45 minute sessions</u>	<u>1 hour sessions</u>
6 sessions	\$ 300	\$ 390
12 sessions	\$ 540	\$ 720
36 sessions	\$1,440	\$1,980

Group Sessions:

12 Sessions/ for 2 people:	\$400/person	
12 Sessions/for 3 people:		\$260/person

Nutrition

Diet Plan	\$ 325
Diet Plan with Personal Training Package (12 session minimum)	\$ 150
BodyDesigns Two Week Detox Plan (with any training package includes support)	\$15
BodyDesigns Two-Week Detox Plan (without a training package includes support)	\$40

‡ Prices are for training in my home.

‡ Refer a friend and receive a free training session!