



PRICE SHEET

ADVANCED TRAINING PROGRAM

ADVANCED: \$89

1 personal training session per month
Written routine and access to aerobic classes

INTERMEDIATE: \$109

2 personal training sessions per month
Written routine and access to aerobic classes

NOVICE: \$169

4 personal training sessions per month
Written routine and access to aerobic classes

B.O.S.S. PERSONAL TRAINING PACK

All packages utilize cardiovascular and strength training techniques and all components of fitness to give a well rounded exercise program.

PACKAGES INCLUDE:

- Body Fat Analysis
- Fitness Testing
- Nutritional Information
- Flexibility Enhancement
- Off day training schedule
- Aerobic classes

This is the program for the self-motivated person who has some fitness experience; however, they lack the information to get them to a place where they are getting satisfaction out of their fitness program. B.O.S.S. ATP will give you the advantage of having a personal trainer while still having control of your fitness program.

PERSONAL TRAINING

BRONZE: \$214

5 training sessions
only \$42.80

SILVER: \$375

10 training sessions
only \$37.50 per session

GOLD: \$693

20 training sessions
only \$34.65 per session

EXCLUSIVE PERSONAL TRAINING

BRONZE: \$239

5 training sessions
only \$47.80

SILVER: \$425

10 training sessions
only \$42.50 per session

GOLD: \$749

20 trainings sessions
only \$37.45



PRICE SHEET

GROUP FITNESS

A: 8 training sessions \$204 each
B: 12 training sessions \$279 each

SYSTEM TRAINING

System one: 8 training sessions \$248 per month
System two: 12 training sessions \$372 per month

This is a four month commitment.

AEROBIC PASS:

10 classes \$70
Walk-ins \$10

KIDS FITNESS (UNDER 16)

1 training session \$21
5 training sessions \$105
10 training sessions \$210
20 training sessions \$420

OSU STUDENT DISCOUNT GROUP ONLY

Must show I.D.

8 training sessions \$150
