

BEST OF ME FITNESS

PERSONAL AND GROUP SESSIONS

Power Packages

Consultation \$65

Includes assessment, analyzing goals, designing program, and first personal training session

Individual Session

\$50

Master Level

5 Personal Training Sessions

\$225 (\$45/session)

Legend Level

10 Personal Training Sessions

\$400 (\$40/session)

Personal Training for groups

Add \$20/session for each additional person.

In-Home Training

Individual Session - \$55

5 Sessions - \$250 (\$50/session)

10 Sessions - \$450 (\$45/session)

*Prices are subject to change.

**“UNLEASH
YOUR
INNER
POWER!”**

CALL TODAY

 **416-769-1512**

EMAIL

BestOfMeFitness@gmail.com

Instagram

Best_Of_MeFitness

POWER SERVICES

- **Weight & Strength Training**
- **Weight Loss Programs**
- **Fitness Training**
- **Running Programs**