

We Accept Credit Cards, MO, Checks, Cash (Payment Plans Available)



## PERSONAL TRAINING SESSIONS

1-(30-Minute Session)-\$45.00

1-(45-Minute Session)-\$55.00

1-(One-Hour Session)-\$65.00

### Multi-Sessions

8-(30-Minute Session)-\$280.00

8-(45-Minute Session)-\$320.00

8-(One-Hour Session)-\$360.00

### Flat-Out Session Package

25-One-Hour Sessions-\$ 1,285.00

### Couples and/or 2 Participants

1-(30-Minute Session)-\$65.00 (Pay \$ 32.50 ea)

1-(One-Hour Session)-\$80.00 (Pay \$40.00 ea)

8-Sessions (One-Hour)-\$595.00 (Pay \$297.50 ea)

### Small Group Training Packages (3-8 Participants)

8-(30-Minute Sessions)-\$650.00

8-(One-Hour Sessions)-\$745.00

Call for quotes on Private Sessions in: Pilates, Yoga, Nutrition  
(Ask About the Fit2Be "Let's Get Fit Together" Program)



**703.226.9234**

[www.fit2be.net](http://www.fit2be.net)

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**Personal Training, Yoga & Pilates Private Sessions  
(Senior & Special Population Rates)**

**Individual Sessions**

**1-(30-Minute Session)-\$36.00**

**1-(45-Minute Session)-\$40.00**

**1-(One-Hour Session)-\$45.00**

**Multi-Sessions**

**4-(30-Minute Session)-\$140.00**

**4-(45-Minute Session)-\$160.00**

**4-(One-Hour Session)-\$180.00**

**8-(30-Minute Session)-\$260.00**

**8-(45-Minute Session)-\$296.00**

**8-(One-Hour Session)-\$336.00**

**Couples and/or 2 Participants**

**1-(30-Minute Session)-\$45.00 (Pay \$ 22.50 ea)**

**1-(One-Hour Session)-\$55.00 (Pay \$27.50 ea)**

**4-Sessions (One-Hour)-\$200.00 (Pay \$100.00 ea)**

**8-Sessions (One-Hour)-\$400.00 (Pay \$200.00 ea)**

**Small Group Training Packages (3-8 Participants)**

**8-(45-Minute Sessions)-\$550.00 (\$183.00 ea-\$68.75 ea)**



**\*\*Please go to our website for Non-Special Population Rates\***

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