



JBFIT.TRAINING • 267-246-0074 • JEN@JBFIT.TRAINING

NEW 'CLIENT REQUESTED' TRAINING PACKAGE

FIT MIX PACKAGES

Packages include a mixture of group classes and custom individual or couple (for two) training:

1 MONTH COMMITMENT:

Individual: 4 Group Classes and 4 Custom Training Sessions	\$185
Couple: 8 Group Classes and 4 Custom Training Sessions for Two (8 Group Classes = 4 per person)	\$255

2 MONTH COMMITMENT:

Individual: 8 Group Classes and 8 Custom Training Sessions	\$355
Couple: 16 Group Classes and 8 Custom Training Sessions for Two (16 Group classes = 8 per person)	\$495

3 MONTH COMMITMENT:

Individual: 12 Group Classes and 12 Custom Training Sessions	\$530
Couple: 24 Group Classes and 12 Custom Training Sessions for Two (24 Group classes = 12 per person)	\$715

Get the best of both!

Group classes offer peer support, motivation, and FUN!
Individual and couple sessions offer custom training designed on your specific goals and current fitness level.