



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

Individual and Couple Custom Personal Training Packages

Personal Training (One-on-One) Options:

Single Private Session:	\$ 39.50
4 Week Private Package – 2 Sessions per week (8 sessions):	\$ 299.00
8 Week Private Package – 2 Sessions per week (16 sessions):	\$ 590.00
7 Week Private Package – 3 Sessions per week (21 sessions):	\$ 765.00

* Personal Training for Two (Couple) Options:

Single Group Session (2 participants):	\$ 55.00
4 Week Group Package - 2 Sessions per week (8 sessions):	\$ 430.00
8 Week Group Package - 2 Sessions per week (16 sessions):	\$ 820.00
7 Week Private Package - 3 Sessions per week (21 sessions)	\$1,050.00

**Packages are priced for bulk purchase discounts...
The more you buy the more you save per session!**

**Referrals are appreciated:
Refer a friend who buys any package and receive one free session!!**

Private sessions are approximately 45 minutes to one hour. Timing is based on your goals and current fitness level.

* Couple sessions are normally an hour and consist of 2 individuals.
More than 2? Each additional participant is \$10

Thank you for your business.