



OPERATOR FITNESS, LLC.

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\$ Basic Price Sheet \$

<i>SERVICE</i>	<i>DESCRIPTION</i>	<i>PRICE</i>
PERSONAL TRAINING	1 Hour session of traditional face to face Personal Training (Minimum of 6 sessions must be purchased)	\$55.00 Per Hour
VIRTUAL FITNESS COACHING	6-Week mesocycle of Virtual Fitness Coaching using our proprietary smartphone application.	\$150.00 Per Mesocycle
6 WEEK WORKOUT PROGRAM	Customized workout based on your desired fitness goal(s).	\$55.00
NUTRITION CONSULTATION	Customized nutrition and macronutrient plan based on your body measurements and desired fitness goal(s).	\$100.00
BODY COMPOSITION MEASUREMENTS	Head to toe measurements of your body, including body fat percentage, to determine your overall physical state and health.	\$55.00
6 WEEK TRAINING MESOCYCLE	Includes 1 weekly Personal Training session for 6 weeks, 6 weeks of Virtual Fitness Coaching, a 6 Week Workout Program, 1 Nutrition Consultation, and 2 Body Composition Measurements (“Before and After”). <i>Valued at \$745.00</i>	\$675.00 Per Mesocycle

- **We can design complete packages and mesocycles to meet your needs that allow you to achieve your fitness goal(s). Call the office and speak with a Personal Trainer at (626)230-3137**
- **Services are broken down into 6 week periods based on the human body’s ability to adapt to training.**