



STRIDES WELLNESS PACKAGES

PACKAGE # 1 JUMP START TO WELLNESS

2 Personal Training Sessions - Value (70.00)
1 Initial Nutrition Consultation – Value (30.00)
3 Guest Passes - Value (24.00)
Total Value (\$124.00)

PACKAGE COST - \$99.00

PACKAGE # 2 RAPID GROWTH

5 Personal Training Sessions - Value (165.00)
1 Follow-up Session - Value (35.00)
1 Nutrition Consultation - Value (70.00)
3 Guest Passes - Value (24.00)
Total Value (\$294.00)

PACKAGE # 2 COSTS - \$235.00

PACKAGE # 3 STRENGTH AND VITALITY

5 Personal Training Sessions - Value (165.00)
1 Follow-up Session – Value (35.00)
1 Nutrition Consultation – Value (70.00)
10 Tanning Sessions - Value (45.00)
3 Guest Passes - Value (24.00)
Total Value (\$339.00)

PACKAGE # 3 COSTS - \$271.00

PACKAGE # 4 THE ULTIMATE WELLNESS PACKAGE

5 Personal Training Sessions - Value (165.00)
1 Follow-up Session - Value (35.00)
1 Nutrition Consultation - Value (70.00)
1 Hour Massage Therapy - Value (70.00)
1 Hour Personal Yoga Therapy - Value (55.00)
10 Tanning Sessions - Value (45.00)
3 Guest Passes - Value (24.00)
Total Value (\$464.00)

PACKAGE # 4 COSTS - \$371.00

Individualized programs designed for maximum efficiency and results

- Fitness Assessments
- Guidance & training by certified professionals
- Fitness analysis and goal setting
- Comfortable, low-key atmosphere

Follow-up session – 1 on 1 goal setting with your trainer. Maybe used at anytime.

Packages are discounted 20% over individually purchased rates.

Expires one year from date of purchase.