



2012 FITNESS PACKAGES

6 Session Intro Package - \$300

This package is great for beginners who have little to no experience in fitness and want to get a feel for the workout experience.

12 Week Body Blast Program

This program is designed for beginners to advanced levels of fitness. The program is designed with your fitness level and experience in mind to maximize and achieve your best results. Monthly measurements are taken to keep track of your progress. Before and after pictures are also provided if desired.

3 monthly payment option or 15% discount if paid in full.

Option 1 – 1 Session per Week - \$600 (\$50/session)

Option 2 – 2 Sessions per Week - \$1080 (\$45/session)

Option 3 – 3 Sessions per Week - \$1440 (\$40/session)

6 Month Healthy Lifestyle Program

This program includes the 12 week body blast program and a 12 week maintenance program to further solidify the consistency and habits needed to make a permanent healthy lifestyle change. Monthly measurements are taken to keep track of your progress. Before and after pictures are also provided in this program if desired. **6 monthly payment option or 15% discount if paid in full.**

Option 1 – 1 Session per Week - \$1080 (\$45/session)

Option 2 – 2 Sessions per Week - \$1920 (\$40/session)

Option 3 – 3 Sessions per Week - \$2520 (\$35/session)

6 Week Tune Up

This program is designed for people who have completed the body blast program and want to maintain the results they have achieved. This program is also great for people who have been working out on their own for a while and want some new ideas to change up their routine. **2 monthly payment option or 15% discount if paid in full.**

Option 1 – 1 Session per Week - \$300 (\$50/session)

Option 2 – 2 Sessions per Week - \$540 (\$45/session)

Option 3 – 3 Sessions per Week - \$720 (\$40/session)

**All packages include a HomeBody Training Workout Journal to keep track of your workouts, Ongoing Nutritional Guidance, Workout Routines to do on your own, a HomeBody Training T-Shirt
Email Support and Consulting**