



Leading Level Fitness, LLC Personal Training & Small Group Options

Individual Personal Training Sessions (30 Min)

- 3x per week/ \$44.00/ session tax
- 2x per week/ \$49.00/session + tax
- 1x per week/ \$53.00/session + tax
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Individual Personal Training Sessions (60 Min)

- 3x per week/\$72.00/session + tax
 - 2x per week/\$76.00/session + tax
 - 1x per week/\$80.00/session + tax
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Standing Small Group Training Classes (1 hour only)

4 persons

- 3x week \$195.00/month per person + tax
- 2x week/ \$130.00/month per person + tax
- 1x week/ \$87.00/month per person + tax

* Small Group Training members must agree to the same days and times. For billing purposes, appointment changes will apply to the entire session and all persons in the SGT session. Cancellations without 24 hour notice will be considered a cancel **and** charge session and will be deducted from your monthly sessions. While I understand that unexpected events occur, I will do my best to work with the group in the event of an emergency but I cannot guarantee accommodations.*

Nutrition Guidance

One Time Purchases

- Macronutrient based startup \$153.00 + Tax
- Weight and measurements check-in \$53.00 + Tax

LLF Package Options

- Two Months monitoring Paid in Full \$276.00 + Tax
- Three Months monitoring Paid in Full \$390.00+ Tax

****All Package options include the following****

- Macronutrient based nutritional information and guidance
- Close monitoring of significant variables
- 24/7 Email Access: leadinglevelfitness@gmail.com
- Weekly weigh in and Progress Photo Evaluations
- Personal copy of the Official 30 Pure T.M. Nutrition program/guide