

## **FITNESS MOM® PERSONAL TRAINING**

Our goal is to create highly-focused and increasingly progressive workouts that are always fresh, challenging and motivating! We will keep you moving from the time you arrive - straight through. You'll leave feeling energetic and revived!

You may choose how many sessions per week you would like to sign up for. We will do our best to accommodate each request. We recommend training a minimum of two to three times a week. It is our experience that it is very difficult to get into shape, reap the benefits, and get excited and motivated in a shorter time.

There is a twelve weeks minimum commitment with this agreement. Existing clients receive scheduling priority.

### **IN-STUDIO PERSONAL TRAINING FEES:**

\$75.00 per session (one hour)

\$55.00 per forty-five minute session

### **IN-HOME, SMALL GROUP, IN-BUSINESS FEES:**

These are variable and based on the travel time, number of participants, and length of session.

Contact Studio for more information or to set up a session:

Fitness Mom , Inc.

2 Peckham St. (*mailing address*)

340 Anawan St. (*studio location*)

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