



Personal Training Price List



Call for special rates for : Forest Park, Stockbridge, Morrow, Lake City, Mcdonough, Ellenwood, Conley, East Point Fayetteville, Love Joy, and Conyers. (678) 492-5076. or email us. We will email you back our special rates.

One-on-One Personal Training

Our experienced Certified Personal Trainers will help you find the motivation to exercise and make fitness a part of your life. Each session is 60 minutes long. Package rates:

12 sessions, \$600 24 sessions, \$1,200 (\$50 per session)

Semi-Private (Buddy) Personal Training

Share your session with a friend or family member and save! At your request, we may also attempt to match you with a compatible client to share your session time.60 minutes per session.

12 sessions, \$420 24 sessions, \$840 per client (\$35 per client per session)

Group Training (30 Minutes)

Get the benefit of personal training at significant cost savings by exercising with a small group. These 30 minute group (3-6 client) sessions are suitable for current clients and experienced exercisers at the intermediate to advanced level. You'll learn techniques our trainers use in their own personal workouts, for fast and highly efficient results. See our group program schedule for current times.

\$ 35per client per session, during selected time blocks. Typical fees: 12 sessions, \$420 24 sessions, \$840

Individual Training Sessions

For clients who wish to train sporadically (less than 2 sessions per week) and/or purchase fewer than 12 training sessions, Personal Training is charged at the following rates:

Consulting and program design, \$55 per hour

Training at Your Office

Within the Metropolitan Atlanta, GA area (only) \$55 per hour package of 12 \$600

Manufacturer's Coupon	Expires January 31, 2011
-----------------------	--------------------------

Redeem at: **Johnny B. Fit Personal Training Systems**
<http://www.johnnybfit.us> | (678) 492-5076 | johngoode@johnnybfit.us



Lose Weight

\$75.00

Value



Valid only in the Metropolitan Atlanta Georgia Area
One coupon per customer, New Clients only.

Go ahead and lose weight on us.
This coupon is good for one Fitness Evaluation, one Fitness Orientation and one Personal Training session.
Retail Value **\$75.00**

0049000-402489

Johnny B Fit Personal Training Systems

3706 Hudson Court
 Rex, GA 30273
johngoode@johnnybfit.us
<http://www.johnnybfit.us>
 (678) 492-5076