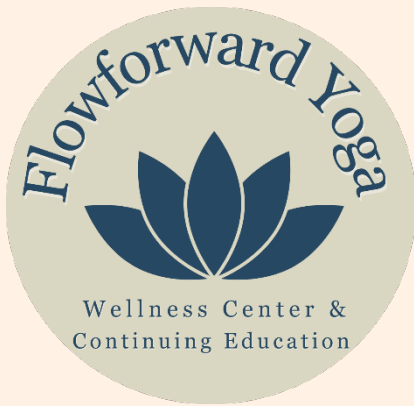




FLOWFORWARD PERSONAL TRAINING PACKAGES

Transform Your Fitness Journey with Personalized Training!

Are you ready to feel stronger, healthier, and more confident? Whether you're just starting out or looking to push past a plateau, personalized training can help you achieve your goals. Together, we'll create a fitness plan tailored to your lifestyle, preferences, and unique needs. From customized workouts to expert guidance on form and motivation, I'll be with you every step of the way.

No matter where you are in your fitness journey, let's work together to unlock your full potential. Start today and take the first step toward a stronger, healthier you!

Your goals are closer than you think—let's achieve them together!

Purchase the Personal Training Packages through the Flowforward website.

# of Sessions	One on One 1 Hour	One on One ½ Hour	Two on One 1 Hour
1 Session	\$65.00	\$42	\$80.00
5 Sessions	\$315.00	\$196	\$390.00
10 Sessions	\$620.00	\$370	\$760.00
20 sessions	\$1,200	\$700	\$1,440

Jump Start Personal Training Special

# of Sessions	One on One	Cost
3	1 Hour	\$145
3	½ Hour	\$99

*First-time Personal Training Specials are exclusively available to new participants.

Personal Training Expiration Policy

# of Sessions	Expiration	From:
1 Session	1 month	Date of Purchase
3 Sessions	2 months	Date of Purchase
5 Sessions	3 months	Date of Purchase
10 Sessions	6 months	Date of Purchase
20 sessions	12 months	Date of Purchase