



NEW RATES! MORE PACKAGES!

Old Training Packages and Rates:

*4 Sessions-\$200
8 Sessions-\$375
12 Sessions-\$550*

****New Training Packages and Rates:***

*2 Sessions-\$100
4 Sessions-\$180
6 Sessions-\$270
8 Sessions-\$360
10 Sessions-\$440
12 Sessions-\$510*

Personalized Meal and Training Plans:

*Meal Plan-\$50
Training Plan-\$50
Meal and Training Plan Package-\$75
(Meal and training plans are 12 weeks in length)*

Our Mission:

“With over 15 combined years of fitness and training experience, we at A.I.P Fitness Personal Training have a drive and passion for helping those in search of their “fit” in the fitness world. If you are looking for a change in your current routine or have never set foot in a gym, we welcome you as a client and friend. We strive to educate and inform our clients so one day this can be a lifestyle they can carry on with by themselves and inspire others around them to live a healthy lifestyle”

Contact Joshua or Julaine to set up your free consultation today!

517-677-2553