



Individual Training Options

In-Home Fitness offers several training options for **individuals** and **married couples** to reach their fitness goals. Depending upon your desired results, we implement a variety of training techniques. Please take a moment to learn about each one before choosing a training package.

PERSONALIZED DYNAMIC WORKOUT: 60-MINUTE SESSION

This total-body workout is designed to deliver maximum results exactly where you want: everywhere! A combination of flexibility training, core explosion, as well as strength training and cardiovascular exercise, this program is high-energy and great for serious individuals desiring serious results.

GOLD PACKAGE: 144 sessions (12 months), \$60 per session*

SILVER PACKAGE: 72 sessions (6 months), \$65 per session*

BRONZE PACKAGE: 36 sessions (3 months), \$70 per session*

*Please ask about flexible payment options.

One Month: 12 sessions, \$75 per session (2 payments: \$450 at start, \$450 at end)

One Week: 3 sessions, \$80 per session (Pay in Full)

One Session: \$95 (Pay in Full)

CORE EXPLOSION: 45-MINUTE SESSION - \$45 per session

Creating a stronger, toned core (abdomen and lower back) is the goal of this program. We safely instruct you through a variety of exercises that target your upper, mid, lower, and oblique abdominal muscles as well as your lower back.

This session gets the heart pumping and is considered a source of moderate cardiovascular exercise.

FLEXIBILITY TRAINING: 30-MINUTE SESSION - \$35 per session

This program, designed to lengthen muscles, is ideally suited for those looking to increase range of motion and create longer muscle formation. By encouraging muscle elasticity and blood flow within the fibers, these stretches, when performed consistently, relieve cramping and muscle fatigue while preventing future muscle strain.

No cardiovascular exercise is performed in this method as the heart rate is slow and breathing concentrated to allow for maximum range of motion. Additional stretching time can be purchased in 10-minute blocks for just \$10 each!

(314) 209-1838

www.inhome-fitness.com



Group Training Options

In-Home Fitness offers several training options for small groups of **individuals** and **office workers** to reach their fitness goals. Depending upon your desired results, we implement a variety of training techniques designed for groups of 5 to 20 people. Please take a moment to learn about each one before choosing a training package.

GROUP WORKOUT: 45-MINUTE SESSION - \$60/group of 4 or less

Do you and several of your friends have similar fitness goals? Have you ever thought it would be more fun to work out with your friends instead of by yourself? Do a favor for yourself (and your friends) by organizing a group workout program today.

A trainer will come to your home or office training facility to provide an aerobic exercise program that delivers results, energy, and fun!

Stay a little longer after work to relieve the day's stress and get healthy in the process!

HardCORE: 45-MINUTE SESSION - \$15/person per session

Creating a stronger, toned core (abdomen and lower back) is the goal of this group exercise program. It can easily be called "boot camp for your abs" as we challenge each class to perform a variety of exercises that target your upper, mid, lower, and oblique abdominal muscles as well as your lower back. Classes can be held in a variety of home or office locations, so call today for more information!

Get ab-happy! Organize a class with 20 people or more and everyone will have happier abs when the price is reduced to \$10/person per session.

BOOT CAMP CLASSES: 45-MINUTE SESSION - \$25/person per session

For those who haven't yet found the right group workout exercise, our Boot Camp class is designed to simulate the rigorous physical training programs instituted by the United States Army. From in-your-face commands and challenges to group rewards and punishments, this training option will quickly become the class you love to hate!

Don't worry. You won't be deployed for combat, but you'll at least feel ready for it!