

Matt Veigl

Personal Trainer

ONE HOUR SESSIONS

- * Individual Session- \$50
- * 1 month package (minimum 2x week)- \$45 session
- * 3 month package (minimum 2x week)- \$40 session

THIRTY MINUTE SESSIONS

- * Individual Session- \$30
- * 1 month package (minimum 2x week)- \$25 session
- * 3 month package (minimum 2x week)- \$20 session

Program Design:

- * includes (Body Fat Assessment, flexibility assement, strength test, nutrition overhaul, 3 one hour training sessions, and same postest 12 weeks after initial test)
- * \$250

Partner Training Sessions (all one hour)

- * Individual Session- \$75 session (\$37.50/person)
- * 1 month package (2x week minimum)- \$70 session (\$35/person)
- * 3 month package (2x week minimum)- \$65 session (\$32.50/person)

Nutrition Plan (evaluation of food journal and designed meal plan)

- * \$75

Grocery Store Shopping Lesson

- * \$75