

## Personal Training Package Pricing

### Full Fitness Assessment and Consultation (90 minutes)

**\$130.00**

- physical activity readiness test
- health history evaluation
- height and weight
- girth measurements
- body composition (skinfold measurements)
- body mass index
- waist hip ratio determination
- cardio respiratory assessment
- postural analysis and body alignment
- weight loss readiness quiz
- exercise history and attitude questionnaire
- gait assessment
- flexibility assessment
- stabilization and body mechanics assessment
- food diary assessment

### Partial Fitness Assessment and Consultation

Two Assessments of Choice plus Body Composition (skinfold measurements)

- **(45 minutes)** **\$ 55.00**

### Body Composition (skinfold measurements) Assessment and 15 Minute Consultation

- **(30 minutes)** **\$ 30.00**

### Body Composition (skinfold measurements) Assessment Only

- **(15 minutes)** **\$ 20.00**

