



**TopCat Package Pricing Sheet**

The following pricing sheet will help you get started on determining bundle service options and pricing that fits your needs.

**Note: Each training session lasts 45 minutes. 15 sessions minimum, \$50.00 per session unless part of a Bundle package.**

**Fitness Assessments**

- Percent Body-fat Assessment and 15-minute nutrition consultation
  - (30 minutes) **\$65.00**
- Percent Body-fat Assessment Only
  - (15 minutes) **\$30.00**

**Bundled Personal Training Packages:**

**TopCat Package 1 - Initial Phase**

Nutritional Consultation, Fitness Assessment, Program Design, and 15 Training Hours

- There is a 24-hour cancellation policy per scheduled session
- A maximum allowance of two excused cancellations due to emergency or sudden illness
- A minimum of two training sessions per week are recommended
- Negotiable expiration: 60 days following commencement of the Agreement

**\$895.00**

**TopCat Package 2 - Intermediate Phase/ Advanced**

Nutritional Consultation, Fitness Assessment, Program Design, and 30 Training Hours

- There is a 24-hour cancellation policy per scheduled session
- A maximum allowance of two excused cancellations due to emergency or sudden illness
- A minimum of two training sessions per week are recommended
- Negotiable expiration: 60 days following commencement of the Agreement

**\$1595.00**

**Package 3 - Custom Program Design**

Nutritional Consultation, Fitness Assessment, Program Design, and 2 session Walkthrough

- There is a 24-hour cancellation policy per scheduled session
- Expiration: 14 days following commencement of the Agreement

**\$350.00**



**Package 4 - Nutritional Consultation**

60 minute Consultation and Professional Fitness Recommendations

Develop daily calorie requirements, meal planning and reading food labels.

- Note: Package #4 does not include a Fitness Assessment, Percent Body Fat, or Program Design.

**\$100.00**

**Package 5 - Life Coaching**

Initial Consultation and 12 weeks of 1/2 hour meetings 2x per week.

Professional, Personal and Per4mance Recommendations for lifestyle changes.

90 day minimum contract, meeting in person, phone and email.

- Note: Package #5 does not include a Fitness Assessment, Percent Body Fat, or Program Design.

**\$750.00**

**Disclaimer:**

- Rates effective October 1, 2009.
- Prices subject to change.

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