



In Home/At Work Personal Training or Classes:

Melissa will travel to your home or office and provide you with a complete workout equipped with all the right moves to help you reach your fitness goals. **CORPORATE PACKAGES AVAILABLE!**

Single Session (1 Hour) - \$94.00

Package of 6 - \$499.00 (Over 10% Savings)

Package of 8 - \$599.00 (Over 20% Savings)

Package of 12 - \$789.00 (Just \$65.00 a session) ***Nutrition Counseling Available, ask for details!**



On Site Personal Training:

Come to Melissa's at home gym and do your training session there in a private, comfortable environment equipped with everything you need to get a total body workout.

30 Minute Power Session - \$39.00

Package of 6 - \$209.00 (\$34.80 a session)

Package of 8 - \$259.00 (\$32.37 a session)

Package of 12 - \$346.00 (Just \$28.90 a session)
-OVER \$120.00 IN SAVINGS!!)