

**A PICTURE IS WORTH A 1000 WORDS**



**LOST 40 lbs and 10% body fat  
(8 months)**



**LOST 63 lbs and 7% body fat  
(7 months)**

YOUR PICTURE HERE



**THERE'S NO  
PLACE LIKE  
HOME ...**



**TO GET IN  
SHAPE!**

**In-home Personal Training**

**We come to your home,  
office, or fitness center.**

**724.467.0599**

# A Better U personal training

LOOK BETTER • LIVE BETTER • FEEL BETTER

We offer convenient, professional services to busy individuals who do not have time or choose not to go to big gyms. A Better U personal training will help you:

- Lose weight
- Shape and tone your body
- Prepare for your upcoming wedding
- Avoid or recover from pregnancy gains
- Maintain current health status
- Rehabilitate from an injury
- Decrease nagging pains

Whatever your fitness needs are, we will work with you to develop a program that will work for you.

## A BETTER U VS. BIG GYMS

Membership fees	NO	annually
Personal trainer fees	YES	yes
Travel time	NO	yes
Babysitters needed	NO	yes
Waiting for machines	NO	yes
Quit rate	LOW	high
Fitness testing fees	included	extra
Nutritional analysis	included	extra
Product samples	included	extra
RESULTS	YES	sometimes

## PERSONAL TRAINING PACKAGES

**\*GOLD PACKAGE:** (\$960/month)  
Your personalized program will include 4 personal training sessions every week for one month (max 16 sessions = \$60/session) designed for extreme weight loss and body shaping over a short period of time.

**\*SILVER PACKAGE:** (\$780/month)  
Our most popular package, entitles you to 3 personalized personal training sessions every week for one month (max 12 sessions = \$65/session).

**\*BRONZE PACKAGE:** (\$560/month)  
Your program entitles you to 2 personalized personal training sessions every week for one month (max 8 sessions = \$70/sessions).

\* The following packages are pay per month and designed to keep you disciplined for maximal results. You will also receive monthly calendars, nutritional counseling, online fitness tracking, free product samples, and text/phone calls to motivate you to follow your personalized plan. *If you choose to add sessions to your package the cost will be \$50/session*

**SINGLE SESSIONS:** (\$75)  
Purchase single sessions to use at your discretion.

**BASIC PACKAGE OF 10:** (\$650)  
With this package you have up to 3 months to use your 10 sessions.

**PARTNER TRAINING:** (+\$100)  
Add \$100 to any package so that you and your friend/spouse can work out together

WE ACCEPT : Cash, Check, Credit



## Your free consultation

We will come to your home, office, or neighborhood fitness center and discuss your fitness goals, our personal training packages, complete a fitness questionnaire, and record your starting measurements (weight, body composition, and inches).



We'll evaluate your exercise equipment and area, make suggestions, explain our plan of action including both diet and exercise.

If you are in need of equipment we will shop for you or bring ours. Payment in full is required before or on the day of your first personal training session.

## REFERRALS:

Any referral will receive \$50 cash or credit towards a package when that person signs up for a package deal.

To contact by:  
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