



New Creation

fitness counseling

Package A: INITIAL CONSULTATION: lasts approximately 2 hours; consists of gathering information regarding health, diet, and exercise history; setting goals; developing an individualized training plan, and counseling the client about issues related to history, goals and the individualized training plan. Cost: \$75.00.

Package B: INITIAL CONSULTATION PLUS WEEKLY FOLLOW-UP CONTACT: includes initial consultation (see above) and weekly e-mail or phone contact as a resource to the client. The follow-up time frame will consist of 4 weeks. Cost: \$80.00.

Package C: INITIAL CONSULTATION PLUS THREE TRAINING SESSIONS: includes initial consultation (see above) and three one-hour, one-to-one training sessions. This is an initial sign-up package only. Cost: \$160.00

Package D: PRIVATE TRAINING SESSIONS: includes one hour, one-to-one training sessions. Cost: \$35/session.

Package E: FITNESS TESTING: includes an evaluation of level of fitness with recommendations (total time is approximately 30 minutes). Cost: \$20/session.

Package F: ADVANCED TRAINING: includes a customized training plan and weekly follow-up for the duration of the training period for competitive events including, but not limited to, races, half-marathons, marathons, mini-triathlons. Initial consultation and plan development: \$90. Weekly price varies, depending on level of need of the client and duration of training period.

Package G: PARTNER/SMALL GROUP TRAINING: includes one-hour training sessions with two to four individuals. Cost: \$25/session/person.

Package H: FIT FAMILIES: includes a two-hour consultation which results in a food plan and individualized training plan for each family member. Weekly follow-up for 4 weeks is included. Cost for a family of four (2 adults, 2 children) is \$175 (and \$15 for each additional family member for families of 5 or more). Family training sessions are billed as follows: Children under 18 = age in dollars/hour (i.e., 10 year-old = \$10); Adults = \$25/hour.