

PERSONAL TRAINING



2020 Cheyenne Court
Grafton, WI 53024
262.375.4577

- **Do you not know where to begin when it comes to exercise?**
- **Do you feel intimidated to go on the workout floor?**
- **Have you been doing the same thing for years and see little improvement in your body?**
- **Maybe you have everything it takes to get in shape but the motivation.**

If you answered yes to any of these questions, then our club's personal one-on-one coaching program is what you need.

Form & Fitness is Ozaukee county's largest and most successful personal training company with two locations for training, Mequon and Grafton, currently helping over 400 clients meet their weight loss and fitness needs!

ONE-ON-ONE PERSONAL TRAINING PRICING

	Express Session 30 minutes	Standard Session 45 minutes	Extended Session 60 minutes
Single Session	\$35	\$50	\$60
6 Pack	\$183	\$264	\$321

12 MONTH PROGRAM PRICING

Four Standard Sessions/month.....\$79 Enrollment and \$199/month
Includes: Simple Membership to the Club. Start-up package of personal training, may be traded for full assessment (see fitness assessment sheet).

Eight Standard Sessions/month.....\$79 Enrollment and \$329/month
Includes: Simple Membership to the Club. Start-up package of personal training, may be traded for full assessment (see fitness assessment sheet).

Four Standard Sessions/month.....No Enrollment and \$160/month
No Gym Membership 1st month payment due up front

Eight Standard Sessions/month.....No Enrollment and \$315/month
No Gym Membership 1st month payment due up front



Form & Fitness trainers have helped individuals of all ages and ability levels reach their fitness goals.

Training sessions do not roll-over into following month. **Members may freeze membership in blocks of (1) one month or greater but payments continue. *No multiple member discount.*

My trainer at Form & Fitness has changes my life! I have lost 15 pounds of fat from my hips and waist since I started personal training and the workouts are always changing which keeps me motivated to come back for more. - D.G. Form & Fitness client for the past 2 years.