



Welcome to Form & Fitness Personal Training Studio, serving the north shore community since 1999. The experts at Form & Fitness are known throughout the area for getting clients results while having fun at the same time! With over 20 personal trainers on staff, we will match you with the right professional to achieve your fitness goals.

Services offered at our Mequon Branch include: personal training and semi-private personal training, award winning programs with our partners Lakeshore Boot Camps, Be A Loser Challenge (weight loss program), Parisi Speed School (youth athletic training) and Body Renovation Physical Therapy.



**262.618.4102**

10590 N. Port Washington Road • Mequon, WI 53092

[www.personaltrainingmequon.com](http://www.personaltrainingmequon.com)



## FORM & FITNESS STUDIO CURRENT PRICE SHEET

### EXPRESS SESSION

**30 minutes**

- 1 @ \$35
- 5 @ \$170
- 10 @ \$330
- 20 @ \$599

### STANDARD SESSION

**45 minutes**

- 1 @ \$50
- 5 @ \$235
- 10 @ \$460
- 20 @ \$890

### EXTENDED SESSION

**60 minutes**

- 1 @ \$60
- 5 @ \$285
- 10 @ \$550
- 20 @ \$1080

### SEMI-PRIVATE PERSONAL TRAINING (PER PERSON)

- 1 @ \$30
- 6 @ \$150

### LAKESHORE BOOT CAMPS

- 4 weeks @ \$199

Please call or email us at [info@formandfitness.com](mailto:info@formandfitness.com) for a free no obligation fitness consultation to start your road to transformation!

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