



Session Fees and Agreement with Andrea Bowden, ACE CPT, Spartan SGX

Private and semi-private sessions are charged by the session only

Sessions are not charged by the minute

Session length is between 45 and 75 minutes, depending on your goals for the day (and your schedule)

Sessions can be indoors or outdoors, depending your goals

Fees are as follows:

\$67/session for one to one

\$98/session for two to one (or \$49/person/session)

\$132/session for three to one (or \$44/person/session)

10% discount applies only when training more than one time per week.

For example Two visits per week:

One to One: \$120/week

Two to One: \$176/week

Three to one: \$237/week

Your training includes

A custom program periodized for your goals

Text and email contact any time

Gym time, or on-line (whatever you prefer) face-to-face, in real time, for the scheduled session

Undaunted commitment to your success