

K.B.S. PERSONAL TRAINING

STRENGTH TRAINING PACKAGE DEALS

\$40 PER SESSION

BRING A BUDDY \$25 EACH

Virtual or In Person- Intake Session:

- 40-60min
- Body scan
- Measurements
- Strength Assessment
- Individualized plan created to suite your needs

4 SESSIONS FOR \$120

6 SESSIONS FOR \$160

8 SESSIONS FOR \$280

GET STRONG AND BALANCED

Sign up for a class today!

- Join me in my personal workout space OR I can bring weights to you.
- One on one meeting to meet you where you're at to start
- Personalized strength training program for your needs.
- Nutrition plan
- Goal setting and tracking
- Hourly cost or monthly plan

SESSIONS BEGIN DECEMBER 2024