

FAITHFULLY FIT

40 SW 1ST AVE OCALA, FL 34471 - 352-512-0631

Take Home Program

An 8 Week program designed specific for each client. The 8 weeks will be focused on losing weight and improving overall physical health using bodyweight exercises for the individual who does not have access to traditional gym equipment. The 8 weeks will include:

- One 60 minute assessment to better understand the clients specific needs and ability level
- 4 Days of programmed workouts designed to be done at home or in a regular gym
- 2 Days of programmed recovery including stretches and mobility work
- Weekly skype or phone check-in providing feedback on the previous week and a detailed explanation of the expectations for the coming week.

Program Pricing

- \$400 for the 8 week program including all of the above
- Additional 1 on 1 sessions can be added on for \$45 per session or group classes for \$15 during the 8-week period



1 On 1: Individualized programs designed to match the client's personal health and aesthetic goals. Each client will be provided an in depth program aimed at eliminating physical imbalances, fixing posture and mobility, as well as a training routine focused on improving overall health and fitness.

- Single 1 Hour Sessions (\$65 per)
- 5+ Sessions (\$50 per)

Training with Personal Trainer: Alex Ford

Cell: 352-454-5080

alex@faithfullyguided.com

Mon:
AM Sessions:
9, 10 (Small Group)
11 (1 on 1)

PM Sessions:
12, 1, 2, 3 (1 on 1)
4, 5, 6 (Small Group)

Tues:
AM Sessions:
9-12 (1 on 1)

PM Sessions:
4, 5, 6 (Small Group)

Wed:
AM Sessions:
9, 10 (Small Group)
11 (1 on 1)

PM Sessions:
12,1,2,3 (1 on 1)
4, 5, 6 (Small Group)

Thurs.:
AM Sessions:
9-12 (1 on 1)

PM Sessions:
4,5,6(Small Group)

Friday
AM Sessions:
9, 10 (Small Group)
11 (1 on 1)

PM Sessions:
12, 1, 2, 3 (1 on 1)
4, 5, 6 (Small Group)