



StrayDog Fitness
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2016 Rate Schedule

FITNESS PERSONAL TRAINING

Fitness Sessions are 60 minutes in length

All new clients receive an additional 30 minute initial assessment free of charge!

****Training Frequency based on Individual Goals****

One-on-One Training

Single Session	\$50.00
6 - Session Training Package (\$45/session)	\$270.00
12 - Session Training Package (\$40/session)	\$480.00

Partners Training (2 people)

Single Session	\$90.00
6 - Session Training Package (\$80/session)	\$480.00
12 - Session Training Package (\$70/session)	\$840.00

***Make it a group!** Add another individual to any training session for \$40/person/session

CULINARY PERSONAL TRAINING

Culinary Sessions are 3 hours in length

Healthy Cooking Fundamentals Individual Session	\$175.00
<small>(Fundamentals Session is required for all new clients and can be included in the packages below)</small>	
2 - Session Training Package (\$170/session)	\$340.00
4 - Session Training Package (\$160/session)	\$640.00
6 - Session Training Package (\$150/session)	\$900.00

***Make it a group!** Add another individual to any training session for \$50/person/session

LIFESTYLE TRAINING

A comprehensive lifestyle approach... Combine both fitness and culinary training!

Healthy Cooking Fundamentals & 1 Fitness Training Session	\$215.00
2 - Culinary Sessions & 6 - Fitness Sessions	\$600.00
3 - Culinary Sessions & 6 - Fitness Sessions	\$750.00
4 - Culinary Sessions & 12 - Fitness Sessions	\$1,100.00
6 - Culinary Sessions & 12 - Fitness Sessions	\$1,325.00

