

NEXT LEVEL COACHING AND FITNESS
“ TAKING YOU TO THE NEXT LEVEL ”

Personal Training

provided by
Ronny Angell

What is included:

- Half an Hour consultation (free with packages)
- Program development to help achieve your goal
 - 1) Cardio
 - 2) Strength Training
- One on One training to insure proper form, motivation, and accountability to help achieve your goal
- Measurements in key areas to track progress at the beginning and end of program
 - 1) Tape measure
 - 2) Weight scales
 - 3) Body Mass Index
- Calculation of Basal Metabolic Rate
- Calorie recommendations
- Nutritional recommendations
- 20 years of experience in weight training, endurance training and competition and nutrition
- A month membership and set up fee to Salem Fitness (included in 12 secession package- \$83 value)
- Half off monthly membership and setup fee to Salem Fitness (included in 8 secession package- \$41.50 value)

Rates

| Outdoor Fitness(local park) | Salem Fitness member | Non Salem Fitness member |
|--|--|--|
| ½ hour consultation= \$25 | ½ hour consultation= \$30 | ½ hour consultation= \$35 |
| 1hour @ \$50 | 1hour @ \$55 | 1hour @ \$60 |
| 2 X week for a month 8- 1 hour secessions @ \$47.50/hr = \$380 | 2 X week for a month 8- 1 hour secessions @ \$52.50/hr = \$420 | 2 X week for a month 8- 1 hour secessions @ \$57.50/hr = \$460 |
| 3 X week for a month 12- 1hour secessions @ \$45/hr = \$540 | 3 X week for a month 12- 1hour secessions @ \$50/hr = \$600 | 3 X week for a month 12- 1hour secessions @ \$55/hr = \$660 |

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NEXTLEVELCOACHINGANDFITNESS@GMAIL.COM