

NEXT LEVEL COACHING AND FITNESS

“TAKING YOU TO THE NEXT LEVEL”

Personal Training

provided by

Ronny Angell

I can help you achieve your goals in your home, an indoor studio or an outdoor setting. I can bring equipment or use what you have in your home to challenge your body. I will travel to most locations in Salem and Roanoke.

The indoor studio is at the Training Edge at 5401 Fallowater Ln, Roanoke, VA 24018. There is NO membership require. You are able to use the cardio equipment if you are one of my clients.

The outdoor location is at a park or trails near you. I will use what mother nature and my creative mind has to offer, to mold your body into shape.

We will talk about health lifestyle and nutritional changes to help with your health and fitness during our session together.

What is included:

- Half an Hour consultation @ \$35 (free with 5 or more sessions packages)
- Program development to help achieve your goal
- 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
- Nutritional recommendations
- 20 years of experience in weight training, endurance training and competition and nutrition

Rates @ \$50/hour

<u>Single Person</u>		
<u>Sessions</u>	<u>Hourly</u>	<u>Total</u>
5	\$45	\$225
10	\$40	\$400
15	\$37	\$555
20	\$35	\$700

<u>Group rate per person</u>		
<u>Sessions</u>	<u>Hourly</u>	<u>Total</u>
5	\$35	\$175
10	\$32	\$320
15	\$30	\$450
20	\$28	\$560

*Effective of 8/5/10

To receive these rate all packages must be paid in full.
One Free session will be given for each referral.
Holistic Lifestyle and Nutrition coaching is also available.

Cancelation Policy

A 24 hour notice will be required if you are unable to make an appointment. If not contacted by phone 540-444-4422 or email nextlevelcoachingandfitness@gmail.com before the 24 hours the session will be charged.

540-444-4422

NEXTLEVELCOACHINGANDFITNESS@GMAIL.COM