

"We help our clients to stay ready
so they don't have to get ready"



SIGN-UP NOW TO GET YOUR PREFERRED TRAINING SLOT

Email: personaltraining@youtrainfitness.com

Website: www.youtrainfitness.com

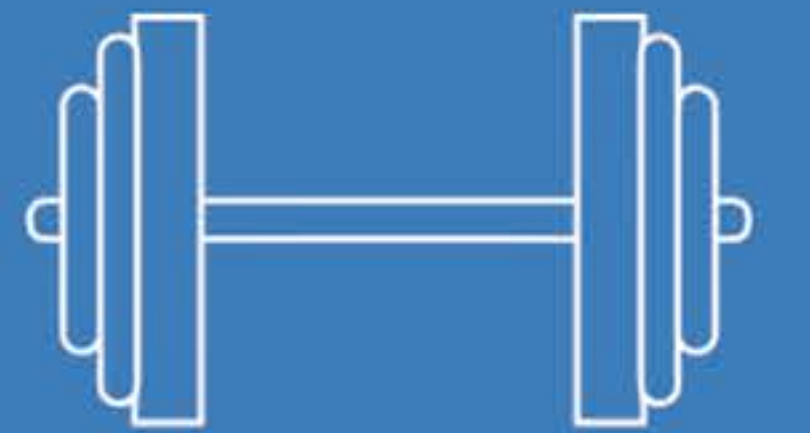
LIKE US ON SOCIAL MEDIA @YOUTRAINFITNESS



OUR SERVICES | FREE CONSULTATION

PRIVATE PERSONAL TRAINING LESSONS

- 1 Hour - starts at *\$75 per lesson
- 45 Minutes - \$65 - \$75 per lesson
- 30 Minutes - \$45 - \$55 per lesson



45 MINUTES - SEMI-PRIVATE TRAINING

- Partner (2 people) \$45 - \$60 per person, per lesson
- Trio (3 people) \$33 - \$45 per person, per lesson

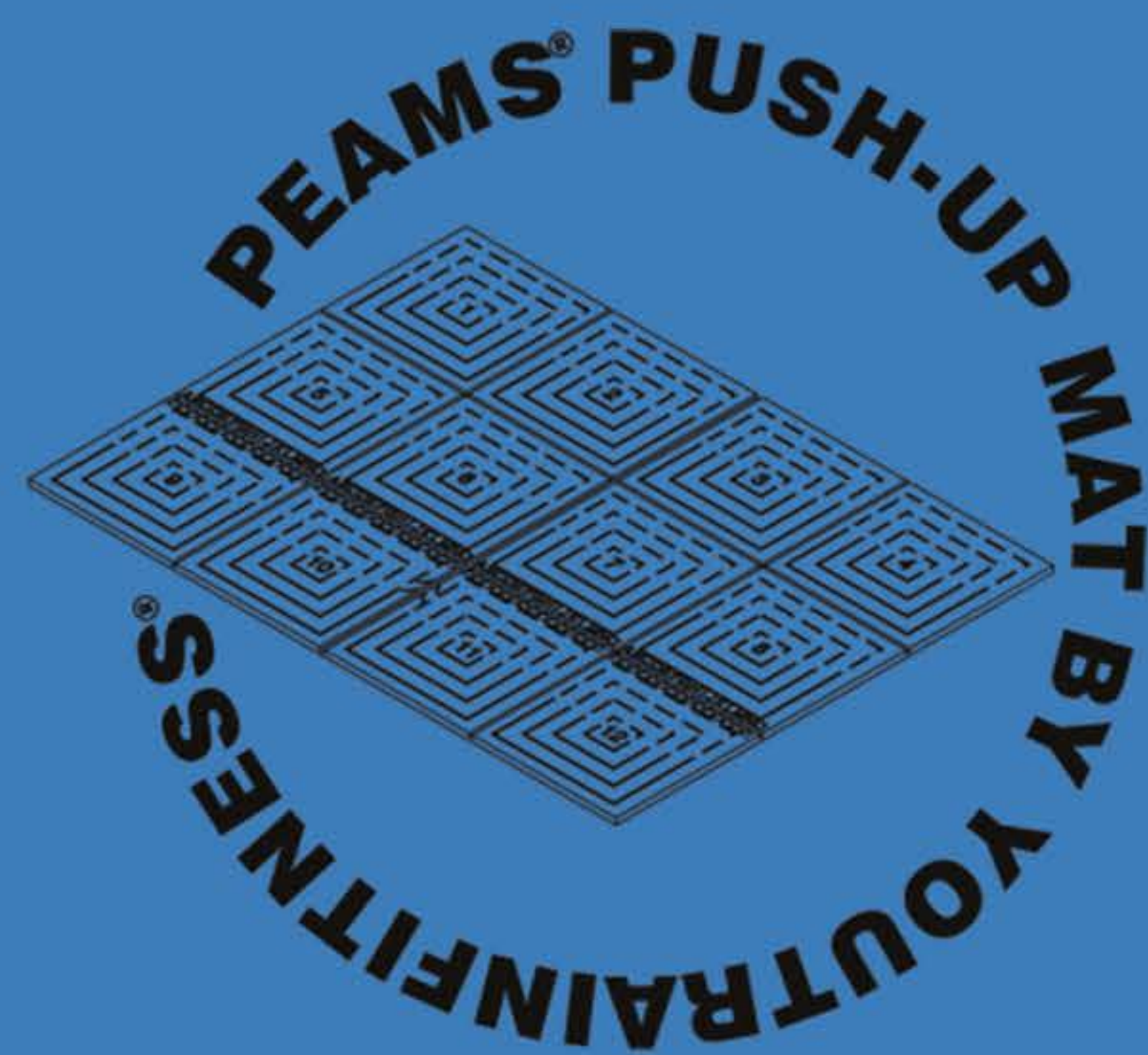
**24-HOUR NOTICE REQUIRED TO
RESCHEDULE LESSONS**

1 HOUR YOGA

- \$145.00 - 10 Classes Pack - \$14.50 per class
- \$85.00 - 5 Classes Pack - \$17.00 - per class
- \$20.00 - 1 Class - Drop-in
- \$3.00 - Mat or Towel Rental

OUR FLAGSHIP PRODUCT | ON SALE NOW!

- Patented to increase push-ups!



*\$75 price for new clients 1st training package