

# FITMETABOLISM

*Food. Fitness. Weight Loss. Wellness.*

## Conditioning Pricing

### 1 Needs Assessment

FREE

Set a goal and we'll show you how to reach it.

Through education and assessments, we will help you lay out a strategy for your success. The first step is to sit down and explain to us exactly what you are looking for.

### 2 Exercise Phase 1

This frequency focused phase is included with your weight loss management membership.

### Exercise Phase 2

Movement Assessment  
Cardiovascular Fitness Training  
Custom Exercise Program  
Updates and Changes

Silver	Gold
Yes	Yes
No	Yes
Yes	2
Yes	2
\$475	\$850

### 3 Conditioning Rates

	Non-member		Member	
	Program	Session	Program	Session
Drop-in	\$110		\$110	
10 Sessions	\$950	\$95	\$855	\$85.50
20 Sessions	\$1700	\$85	\$1530	\$76.50

Contact us today for your FREE Needs Assessment, 403-452-0900 or visit our website, [www.fitmetabolism.com](http://www.fitmetabolism.com).