



**\*\*\*CERTIFIED PERSONAL TRAINING\*\*\***

One Hour & Half Hour Sessions

Individual & Small Group Programs

Plans and Programs to Fit Every Budget

---

**One Hour Sessions – Prices are Per Person Per Session**

	1:1 Training	2 People	3 People
<b>6 Sessions</b>	\$55	\$42	\$33
<b>12 Sessions</b>	\$50	\$38	\$30
<b>24 Sessions</b>	\$45	\$34	\$27
<b>48 Sessions</b>	\$40	\$30	\$24

---

**Half Hour Sessions – Prices are Per Person Per Session**

	1:1 Training	2 People	3 People
<b>6 Sessions</b>	\$35	\$27	\$21
<b>12 Sessions</b>	\$30	\$23	\$18
<b>24 Sessions</b>	\$25	\$19	\$15
<b>48 Sessions</b>	\$20	\$15	\$12

Alodia Fitness Center - 22601 Lutheran Church Road, Suite 200, Tomball, TX 77377

Phone 281.205.1425 | Fax 281.255.9551 | Email [info@alodiaconsulting.com](mailto:info@alodiaconsulting.com) | [www.alodiafitness.com](http://www.alodiafitness.com)