

Paramount Fitness Training

Membership Rate Sheet

3 Month Short Term Membership

\$279/Month

Membership Includes:

- Copy Of Fitness Program Designed Specifically For You – Changed Every 3 To 4 Weeks.
- Gym Access
- Nutrition Coaching And Fitness Assessments.
- 12 Semi-Private Coaching Sessions.

Optional Upgrades:

24 Semi-Private Coaching Sessions =
\$439/Month

36 Semi-Private Coaching Sessions =
\$599/Month

Annual Membership

\$229/Month

Membership Includes:

- Copy Of Fitness Program Designed Specifically For You – Changed Every 3 To 4 Weeks.
- Gym Access
- Nutrition Coaching And Fitness Assessments.
- 48 Semi-Private Coaching Sessions.

Optional Upgrades:

96 Semi-Private Coaching Sessions =
\$389/Month

144 Semi-Private Coaching Sessions =
\$549/Month

3 Month Fitness Consulting Membership

\$99/Month

Membership Includes:

- Copy Of Fitness Program Designed Specifically For You – Changed Every 3 To 4 Weeks.
- Nutrition Coaching, 1 Consultation Per Month And Online Support.

Additional semi-private coaching sessions may be purchased following initial sign up at \$50 per session.