

# Paramount Fitness Training

## Membership Types

### **3 Month Short Term Membership** **\$259/Month**

Membership Includes:

- Copy Of Fitness Program Designed Specifically For You – Changed Every 4 To 6 Weeks.
- 4 Semi-Private Coaching Sessions/Month.
  - Nutrition Coaching And Fitness Assessments.
  - Gym Access.

**Additional Sessions May Be Purchased  
For \$40 Per Session**

### **Annual Membership** **\$199/Month**

Membership Includes:

- Copy Of Fitness Program Designed Specifically For You – Changed Every 4 To 6 Weeks.
- 4 Semi-Private Coaching Sessions/Month.
  - Nutrition Coaching And Fitness Assessments.
  - Gym Access.

**Additional Sessions May Be Purchased  
For \$40 Per Session**

### **3 Month Fitness Consulting Membership** **\$99/Month**

Membership Includes:

- Copy Of Fitness Program Designed Specifically For You – Changed Every 4 To 6 Weeks.
  - Nutrition Coaching And Fitness Assessments.
  - 1 Consultation/Month And Online Support.