



PERSONAL TRAINING

NEW CLIENT SPECIAL

JUMPSTART YOUR FITNESS
WITH THIS ONE-TIME ONLY
OFFER AVAILABLE FOR ALL
NEW CLIENTS TO OUR
PERSONAL TRAINING
PROGRAM!

3 PT SESSIONS FOR \$90

EACH SESSION IS 60 MIN.

YOUR FIRST TRAINING WILL CONSIST OF:

- FITNESS ASSESSMENT AND CONSULTATION

IT IS NOT RECOMMENDED:

- THAT YOU WORKOUT PRIOR TO THE ASSESSMENT

HOW TO PREP:

- EAT A LIGHT MEAL AT LEAST AN HOUR BEFORE,
AND REFRAIN FROM CAFFEINE

PACKAGES EXPIRE 1 YR FROM PURCHASE DATE



EMPOWERING EVERY BODY

One-On-One Training

One Hour Sessions

1 Session.....	\$40
3 Sessions.....	\$120
6 Sessions.....	\$240
10 Sessions (1 Free).....	\$360

Group Training

One Hour Sessions

3 Sessions.....	\$180
6 Sessions.....	\$360
10 Sessions (1 Free).....	\$540

Sports Training

One Hour Sessions

3 Sessions.....	\$75
6 Sessions.....	\$150
10 Sessions (1 Free).....	\$225

Sports specific training intended for junior high to college athletes ages (12-25). Designed for those who want to get faster and stronger in their sport.

HFM Zone

30 Minute Sessions

10 Sessions.....	\$200
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Must have prescription from Harrisonville Family Medicine.

Meet Our Trainer



Shannon McCord

Shannon is a 12-year veteran of the fitness industry and has a passion for helping people live full & active lives. She enjoys designing programs for beginners, as well as experienced fitness enthusiast. Shannon specializes in nutrition and coaching.

Goal:

My goal as a personal trainer is to help others pursue whole-person wellness- increasing fitness, strength, and the ability to live full and active lives in every season of life.