

Consultation— This is where it all begins no matter what your goals are. Each new client begins with a 1 ½ hour thorough evaluation. Lisa will meet you in person or on the phone, at your place or mine to create a plan that **GUARANTEES RESULTS** (I will personally guarantee RESULTS IF you do what I tell you to do or your money back)! You will learn everything you need to know in order to reach your specific personal goals.

- How and what to eat and when you should or should not be eating.
- How to work out to reach your goals. Weights + Cardio + Stretching = Total health
- Which supplements you need and which ones you don't! *Some of the supplements that you may be taking may actually be causing weight gain or keeping you from reaching your goals
- You will also be weighed and measured and get your body fat tested (the scale isn't always the best indicator of success)!

Consultation Fee— \$200.00 and includes a Complete Protein Shake as well as a multi- vitamin as well as a full year of follow up and assistance via the internet.

**All new clients must have a consultation first.*

**includes fasting for fat loss programs!*

One to One workouts— \$85.00 / hour and includes these options:

- Fat Loss workouts
- Strength Training
- Photo Shoot or TV prep
- AB hour ** a favorite!
- Wellness/corrective exercise workout
- Sports Conditioning
- Plyometric training
- Stretching
- Couples or train with friends
- Outdoor workouts *travel time may be additional
- Pre & Post Natal workouts

Group Workouts— \$45.00 per person @ Lynfit Studio

**There must be three people present *Prices may vary for in home training.*

In Home Training— Starting at \$150.00

Coaching/Mentoring— \$85.00 / hour or \$45 for 30 minutes.

**Can be done via the phone or internet*

Supplement Consultation— \$85.00

Body Wrap— \$80.00 for 45 minute session **package prices available*

Facial Toning— \$80.00 per session **package prices available*

Body wrap w/facial toning combo— \$135.00

**add a workout for \$65.00 to jumpstart your workout!*

Contact Lisa today to set up a personal training session. She'll have the perfect exercise program to fit your needs.

Lisa Lynn Fitness LLC (LynFIT Nutrition) also accepts VISA/Master Card, Discover and AMEX! All scheduled appointments (including group workouts & wellness treatments) require 24 hours cancelation notice or you will be charged.