



IT'S YOUR TIME

ELIZABETH BRANCH

PERSONAL TRAINING

DESCRIPTION

OUR CERTIFIED PERSONAL TRAINERS WILL CREATE AN EXERCISE PLAN THAT FITS YOUR NEEDS AND GOALS. REACH YOUR GOALS IN A SHORTER PERIOD OF TIME WITH ASSISTANCE FROM OUR EXPERIENCED, SUPPORTIVE & MOTIVATED STAFF.



RATES

1 HOUR SESSION: \$22

5 ONE HOUR SESSIONS: \$100

GROUP RATES

1 HOUR DUO SESSION: \$40

6 ONE HOUR DUO SESSION: \$200

HEALTH & WELL BEING

INFORMATION, PLEASE CONTACT RAFAEL CANO P:908 355 9622