

adonis fitness

Personal Health and Fitness Consulting

2010 Packages and Prices - Adonis Fitness Personal Training Studio

Custom Packages Available Upon Request

Level 1 - Basic Package

The basic package provides you with everything you need to get started on a completely custom fitness program designed just for you. You'll start with an initial consultation (this can be done over the phone or in-person) where you will discuss - in detail - your previous exercise history, experience, goals, and special concerns. After your consultation you will have a physical assessment done in order to establish your baseline fitness level. The assessment will cover areas such as cardiovascular fitness, muscular strength and endurance, body composition, and more. From the information gathered during your consultation and assessment, a personalized exercise program will be designed just for you. You will then return to the studio for a one-on-one training session where you will be taught your exercise program. You will also have step-by-step exercise photos taken which will be put into a personal exercise manual for you to follow-along with on your own.

This package is best suited for those who are self-motivated with and do not need any assistance maintaining an exercise program on their own.

Some features included with this package:

- Initial Consultation (phone or email)
- Personal fitness Assessment (in studio)
- 6 week Custom Strength Training Program
- 6 week Custom Cardiovascular Training Program
- Personal Exercise Manual
- Personal Training Session (in studio)

Package Price: \$675

Level 2 - Gold Package

The gold package includes everything included in the basic package, but adds nutritional support in the form of a personal nutrition analysis as well as an additional one-on-one personal training session to help keep you on track with your program and to ensure that you are performing your exercises correctly and with proper form. For the nutritional analysis you will be given instructions on recording your diet for a full week, after which you will have a one-hour phone consultation to review the results of your analysis and learn what changes are recommended to help you reach your goals.

This package is best suited to individuals who have little to no exercise experience and need more one-on-one support - or for those who find themselves unable to maintain an exercise program on their own.

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Included with this package:

- Initial Consultation (phone or email)
- Personal fitness Assessment (in studio)
- 6 week Custom Strength Training Program
- 6 week Custom Cardiovascular Training Program
- Personal Exercise Manual
- 2 Personal Training Sessions (in studio)
- Personal Nutritional Analysis
- 1 Hour Nutrition Consultation (phone)

Package Price \$975

Level 3 - Platinum Package

The platinum package is the 'full-meal-deal' of personal coaching programs offered from Adonis Fitness Consulting. This package expands on the offerings of the Basic and Gold packages substantially. The standard 6 week training programs are upgraded to a full 8 weeks for even greater results. There are two additional one-one-one personal training sessions included, as well as two additional phone-coaching sessions added to help keep you motivated and on track throughout the duration of your training program. In addition to your nutritional analysis and consultation, you will also receive a copy of The Daily Detox Diet Program E-book © and the Daily Detox Diet Recipe E-Book © that will show you step-by-step how to eat clean and healthy for maximum fat loss and improved health.

This package is recommended for all clients, from complete beginners to advanced exercisers.

Included with this package:

- Initial Consultation (phone or email)
- Personal fitness Assessment (in studio)
- 8 week Custom Strength Training Program
- 8 week Custom Cardiovascular Training Program
- Personal Exercise Manual
- 4 Personal Training Sessions (in studio)
- Personal Nutritional Analysis
- 1 Hour Nutrition Consultation (phone)
- 2 half-hour phone coaching sessions (phone)
- The Daily Detox Diet E-book
- The Daily Detox Recipe E-book

Package Price: \$1375