

Form is Function

We can rebuild you.

Individually purchased training sessions = \$80/hour

FOUNDATIONAL TRAINING PACKAGES

FOUNDATION PACKAGE #1: one 1hr session/week for 4 weeks
PLUS a 1 hour goal, lifestyle and mobility assessment
\$284 - 1 person / \$360 - 2people

FOUNDATION PACKAGE #2: two 1hr sessions/week for 4 weeks
PLUS a 1 hour goal, lifestyle and mobility assessment
\$480 - 1 person / **\$640 - 2 people = BEST VALUE!**
only \$40/hour per person!

REFER A FRIEND AND RECEIVE 5 SESSIONS FOR THE PRICE OF 4!

ADVANCED TRAINING PACKAGES

(available after completion of 8 foundational sessions)

- ADVANCED PACKAGE #1: four training hours (used w/in 4 months)
\$200 - 1 person / \$284 - 2 people
- ADVANCED PACKAGE #2: eight training hours (used w/in 4 months)
\$400 - 1 person / \$560 - 2 people
- ADVANCED PACKAGE #3: sixteen training hours (used w/in 6 months)
\$720 - 1 person / **\$960 - 2 people = BEST VALUE!**
only \$30/hour per person!

MAINTENANCE PACKAGE

FOR MEMBERS OF MONSTER GYM (after completion of 2 hours of foundational instruction)
Three 30 minute sessions per week, purchased on a monthly basis (12 sessions)
\$360/ month- 1 person / **\$480/month - 2 people = only \$20 per person!**

www.FormsFunction.org