



Fee Schedule for 16 week Get Fit Live Better Fall Program 2018

Mondays	\$280
Tuesdays	\$320
Wednesdays	\$320
Thursdays	\$320

*drop ins available if space permits: \$22 per class

Additional services available:

- **Custom Take 2 program T shirts** \$35 each. Please note, registration must be complete no later than August 13, 2018 to meet T shirt order deadline if you would like one. Please see below for photo and sizing instructions.
- **Body composition assessment** \$25 each. Monitor your fat loss and see how your body is changing!
- **Fitness and body composition assessment** \$75 each. Watch your strength and cardiovascular fitness improve and see your improved body fat to lean muscle ratios.
- **Individual nutrition coaching** for \$600 for the full 15-week program. This works out to \$40 per week, **which is less than a daily Starbucks fix!** Which choice do **YOU** think would help you become leaner and healthier?

With science-based changes in your nutritional plan, you can see up to 4 times more body fat loss over exercise alone! Nutrition coaching includes a private biweekly in person session with your nutrition coach/trainer, personalized weekly check ins as well as ongoing support throughout the program. 2 complimentary body composition assessments included.



T shirt Sizing Chart: Please take a few minutes to take your measurements to ensure a good fit. There are no exchanges as these are a custom order.

Ladies	S	M	L	XL	XXL
Chest	31"	32.5"	34.5"	36.5"	39.0"
Length	25.87"	26.37"	27"	27.62"	28.38"
Men's	S	M	L	XL	XXL
Chest	36"	40"	44"	48"	52"
Length	27.75"	28.75"	29.75"	30.75"	31.75"