

## **MOREY'S LADIES WEEKEND SPECIALS**

### **Personal Training**

1/2 Hour Session: \$40

Hourly session: \$65

### **The Workout \$75**

- 1 hour training
- start up exercise program

This option is for the beginner who has yet to start taking back their life. Spend an hour with Jasson to get the tools you need to start exercising on the right foot and leave with a program that you can do on your own knowing you are doing it right. 1 hour training and start up program

### **The Complete \$99**

- 1 hour training
- start up exercise program
- start up eating plan

This option is for anyone ready to make the necessary changes to taking back their life. In this complete program option. Jasson will provide you with an exercise program show you how to execute each exercise and posture in a private 1 hour session as well as give you a start up eating plan complete with instructions designed to get you fit and keep you healthy

### **The Platinum program \$150**

- Consultation to assess goals
- 1 hour training
- Personalized program
- Detailed eating plan

This is for those of you who want a specific and individualized program designed on the spot. Jasson will create a program that is based on your specific needs and goals. This option runs a little longer to allow Jasson to assess your situation, build the program and show you how to properly and safely execute it. This program also comes with a detailed eating plan giving you variety for your meals.

### **Personal Coaching - Hour session \$99**

Along with the Take Back Your Life seminar, Jasson is providing one on one coaching session to get you started on the road to achieving your goals and getting rid of the obstacles that currently stand in your way. This is a great opportunity to start "doing" something about whatever you have only been "thinking" about doing for far too long. Jasson will start you on his program and give you the tools you need to begin the process of finally taking back your life.