



Chris Engel

ACSM Certified Personal Trainer

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ENGELFITNESS.COM

FREE initial consult and fitness assessment
with multiple month commitment.

Call 978.335.5669 for more information!

One-on-One Personal Training

Commitment

Sessions/wk

Cost per
Session

Aggressive

12 months

4

3

2

\$40

\$45

\$50

Improve

6 months

4

3

2

\$50

\$52

\$55

Maintain/Stabilize

3 months

4

3

2

\$55

\$57

\$60

Single Session

N/A

\$65

Personalized Fitness Program:

Includes development of a 6-week cardiovascular, resistance and flexibility program based on your strengths, weaknesses, lifestyle and overall fitness goals. Each one-on-one session is dedicated to giving you in-depth instruction on how to perform each exercise safely and correctly for maximum benefit and improvement.

Option 1:

\$400

Includes five (5) one-on-one training sessions and a customized 6-week personalized fitness program designed to move you toward a higher level of fitness.

Option 2:

\$700

Includes ten (10) one-on-one training sessions and a customized 6-week personalized fitness program designed to move you toward a higher level of fitness.

Option 3:

\$950

Includes fifteen (15) one-on-one training sessions and a customized 6-week personalized fitness program designed to move you toward a higher level of fitness.

Rates are based on 55-minute sessions. 24-hour cancellation required in order not to be charged.
Failure to complete program commitment will result in loss of discount.