

FITNESS PACKAGES (Sessions must be used within 6 months of purchase)

1. Thrive Start up Fitness Package:

One Time Only - \$99.00

- Initial Health Risk Assessment
- Complete Fitness Evaluation
- One personal training session covering proper form and technique (60 minutes)
- One customized online fitness program sent to your email
- One free 20-minute phone coaching session
- Free online, bi-weekly newsletter subscription

2. Private Personal Training (includes: in-home, apartment & condo fitness centers, office, and gym locations) *prices may vary depending on gym policy and additional fees.

ALL private personal training packages include:

- One free fitness consultation which incorporates a health risk assessment and a complete fitness evaluation
- Personal training sessions covering proper form and technique (number of sessions varies according to package)
- Individualized nutritional guidance (link to nutritional packages)
- Free online, bi-weekly newsletter subscription

One-on-One Training

60-minute sessions:

- Pay as you go - \$65.00 per session
- 5 session plan- \$60.00 per session, \$300.00 total
- 10 session plan- \$55.00 per session, \$550.00 total
- 20 session plan- \$50.00 per session, \$1000.00 total

30 minute Sessions

- Pay as you go - \$40.00 per session
- 5 session plan - \$35.00 per session, \$175.00 total
- 10 session plan - \$30.00 per session, \$300.00 total
- 20 session plan - \$28.00 per session, \$560.00 total

Buddy Training and Group Training

60-minute sessions:

- Two people:
 - Pay as you go - \$40.00 each per session
 - 5 session plan \$38.00 each per session, \$190.00 total
 - 10 session plan - \$35.00 each per session, \$350.00 total
 - 20 session plan - \$30.00 each per session, \$600.00 total
- Small Group Fitness (3 or more people*): *group number may be limited due to space constraints

- Pay as you go - \$30.00 each per session
- 5 session plan - \$25.00 each per session, \$125.00 total
- 10 session plan - \$20.00 each per session, \$200.00 total
- 20 session plan - \$18.00 each per session, \$360.00 total

30 minute Sessions

- Two people:
 - Pay as you go - \$25.00 each per session
 - 5 session plan - \$22.00 each per session, \$110.00 total
 - 10 session plan - \$20.00 each per session, \$200.00 total
 - 20 session plan - \$18.00 per session, \$360.00 total

3. Online Fitness Training Plan

These online fitness-training programs are a cost-saving alternative to one-on-one personal training or they can be used to supplement your one-on-one training program with Thrive.

Sent directly to your email, these online trainings provide you with detailed plans for your fitness and/or nutrition needs. They include video instruction regarding proper form, printable portable programs; complete, nutritionally balanced meal plans.

ALL programs are crafted for your individual needs based on health history and personal goals. After filling out an online questionnaire, Michael Munson, owner of Thrive Fitness and Wellness, will personally create a detailed weekly fitness and/or nutrition program for you – sent directly to your email!

- Four week Kickstarter Plan - \$80.00
- <http://www.myhitechtrainer.com/michaelchi>
 - Workout plan specifically for those who are ready to burn fat and want a challenging and fun workout
 - 3 online fitness routines per week (12 total programs during the four week period)
 - Option to renew for new routines each month
 - Does NOT include nutritional support
- Four week Body Progression Program - \$115.00
<http://www.myhitechtrainer.com/michaelchi>
 - This is a more intense workout plan than the Kickstarter program.
 - More rigorous routines will deliver results in strength as well as boost your metabolism
 - 4 online fitness routines per week (16 total programs during the four week period)
 - Option to renew for new routines each month
 - Does NOT include nutrition support
- Four week Complete Transformation Program - \$145.00
<http://www.myhitechtrainer.com/michaelchi>

This complete program combines the three pillars of fitness – strength training, cardiovascular exercise, and NUTRITION. The meal plans in this program were created by registered dietitians to meet your dietary needs and facilitate your wellness program.

- 4 online fitness routines per week (16 total programs during the four week period)
- Daily personalized meal plans
- Dozens of delicious recipes available
- Weekly grocery lists specific to meal plans
- UNLIMITED email support
- One 20 minute phone coaching session per month with Michael Munson of Thrive Fitness & Wellness