



Monique's Personal Training Pricing Information

My personal training program is designed so that you can do both your personal training and outside cardio work here at the studio. We do not use machines at our gym but take pride in utilizing more efficient equipment such as free weights, fit tubes, medicine balls, kettlebells, ropes, and most importantly, your own body weight. Our training will be one-on-one the entire time so you can be confident with your form and technique.

To start, we will meet for a two hour assessment which includes your measurements, goals, and eating plan. I will put together a suggested eating plan based on a calorie intake needed to reach your specific goals and then you can input your daily food intake on a website called NetDiary.com that I purchase for your first month. I am able to monitor your intake and help give you input to keep you on track.

We will meet twice a week for one hour sessions consisting of training tailored to your current fitness levels and designed to help you meet your specific goals. Outside of our sessions, you can come in for the regular cardio classes offered here at the studio.

The fee is \$50.00 an hour. For one month of training, that would be \$400.00. **This can be broken up into two payments.** With that, you will receive gloves and wraps and a membership card allowing you unlimited access to the studio. Normally, to sign up for just the gym, you'd have a \$99 membership fee and would pay \$55 a month on a year agreement. The nice thing about training with me is that you have unlimited access to the gym at no extra cost.

If you're interested in personal training or have any questions please feel free to call me. In order to get started, I will need to email you a packet that you can fill out and bring back for our first meeting. The first meeting will take about 2 hours because there's a lot of information to cover and I like to get to know my clients. Can't wait to get started!

Thanks,
Monique LaFontaine-Tomaso
(909) 913-1492

p.s. I'm having a deal right now so one month of paid personal training includes three months of membership at the studio 😊