

IGNITE BIOFITNESS

personal training

Personal Training is an efficient and effective way to achieve your individual fitness goals. Your Ignite BioFitness trainer will work with you to assess your movement and fitness level, and design a program that enables you to achieve your health and fitness goals as quickly as possible.

Benefits of personal training:

- Faster and better results
- Safe fat loss and muscle gain
- Reduced chance of injury
- Establishes a lifetime exercise habit
- Overcome plateaus

Initial Fitness Assessment: \$30

Before you start your training, we recommend a fitness assessment, which is a series of tests that help evaluate your overall health and physical status. For general health and fitness purposes, the tests are considered the starting point for designing an appropriate exercise program. They are meant to ensure you won't be at risk of harm and provide the trainer with the insights needed to establish clear and effective fitness goals.

Trainers will assess your Flexibility, Cardiovascular Fitness, Muscular Strength and Endurance, as well as your body composition. This assessment is customized to your goals.

Personal Training:

We offer two different types of training: Individual and Small Group. Costs listed are per person.

	Personal Training Options			
	1 client	2 clients	3 clients	4 clients
1 session	\$90.00	\$67.50	\$54.00	\$45.00
5 sessions	\$427.50	\$320.63	\$256.50	\$213.75
10 sessions	\$810.00	\$607.50	\$486.00	\$405.00

Contact us to sign up today!

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