

Personal Training for Two Single Session



This is the same package as the Single Session Package, with all benefits. So if working out by yourself is not your thing and you both want the full benefit of this package, then sign up.

You two will receive one-on-two personal training sessions with one of our fitness coaches. Each is a Certified Personal Trainer and Strength and Conditioning Coach. All personal training sessions are conducted in our private studio in a safe, friendly, and private atmosphere. At Renew Medispa you will achieve results faster because you will "*Work Smarter Not Harder!*" By paying attention to all five components of the AES Physique Enhancement System; **Nutrition, Resistance Training, Cardio Training, Supplementation, and Rest**, we will help you set your goals and then help you achieve them.

Accountability is in the form of workout and nutrition logs sent to your email. You will do a workout homework sheet and nutrition logs. The workout sheet will have extra exercises to do on your off days. You will fill out your nutrition log (daily) and email it back to you coach for review.

All of your administration (pre-screening and consultation) will be included in the price. **Session Cost: \$100. Cost of individual sessions \$65 per x 2 = \$130.00 Cost savings: \$30.00.** So everything works the same but the pricing is definitely better

Each personal training session lasts 45-55 minutes (depending on your fitness level) where you will receive personal hands on instruction and motivation.