



MANGOL

Strength and Conditioning, LLC

PERSONAL TRAINING RATES

HALF HOUR PACKAGES:

1 1/2 hour	-----	\$40
5 1/2 hours	-----	\$195
10 1/2 hours	-----	\$380
20 1/2 hours	-----	\$680

FULL HOUR PACKAGES:

1 hour	-----	\$70
5 hours	-----	\$330
10 hours	-----	\$600
20 hours	-----	\$1,120

ADDITIONAL SERVICES:

Functional Movement Screen	-----	\$50
General Consultation	-----	\$60
Body Composition Test	-----	\$25

SPECIAL 2 PERSON & 3 PERSON GROUP

2 Person	-----	\$30/per (1/2 hr) or \$45/per (1 hr)
3 Person	-----	\$25/per (1/2 hr) or \$40/per (1 hr)

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