

**Carranmor Fitness
One-on-One Training Packages**

Packages	# of Sessions per month	Investment Cost per month
1st Time Consultation	1	FREE
Total Transformation	20	\$900
Rapid Results	12	\$576
Busy Persons	8	\$408
Express Fitness	4	\$216

Other

1x consult	1	\$60
2x/mo	2	\$114
3x/mo	3	\$171

**Additional \$10 per 20 mi from Garretson, SD applies to each session price*

Packages Include:

- Two strength workouts per month
- Two cardio workouts per month
- Nutrition information and accountability
- Access to a members-only forum, where you can access more workouts, reports, recipes, and more
- Unlimited email and phone support

Ready to sign up? Contact us now! (605) 360-7092