

**Carranmor Fitness
Small Group Training Packages**

Packages	# of Sessions per month	Investment Cost per month*		
		2-4 people	5-7 People	8-15 People
1st Time Consultation	1	FREE	FREE	FREE
Total Transformation	20	\$540	\$360	\$127
Rapid Results	12	\$345	\$230	\$117
Busy Persons	8	\$245	\$163	\$93
Express Fitness	4	\$130	\$86	\$55

Other

1x consult	1	\$36	\$24	\$14
2x/mo	2	\$72	\$48	\$24
3x/mo	3	\$108	\$72	\$36

***Investment cost is per person every 30 days**

***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