

KINETIC FITNESS CLINIC

TRAININGS WITH AJ SAUER

SEE RESULTS!

- build strength
- tackle problem areas
- boost confidence
- enhance mobility
- improve coordination
- increase wellness

TRAINING PACKAGES AVAILABLE FOR ALL YOUR NEEDS

INTRODUCTORY TRAINING

3 sessions, 45 minutes each
for only \$99.00



KFC PACKAGES



30 Minute Training

5 sessions - \$55/each

10 sessions - \$49/each

20 sessions - \$39/each

45 Minute Training

5 sessions - \$75/each

10 sessions - \$69/each

Semi-Private Training

Group of Two

20 sessions (\$52.50 each) = \$1,050 total

Group of Three

20 sessions (\$34.50 each) = \$690 total

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